

Thames Aquatic Club Short Course 2009-2010 Swim Schedule

Swim Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Sunday
Junior 1 (2 Practices per week)		6:30-7:15pm		6:30-7:15pm		
Junior II (4-5 Practices per week)	6:30-7:30		6:30-7:30pm		6:30-7:30pm	9-10 am 5-6pm
Age Group (5-7 Practices per week)	7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm	8-10am 4:30-6:30pm
Senior (5-7) Practices per week) Approx. 30 min. dryland to be determined	7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm	7-8:30pm	8-10am 4:30-6:30pm
National (6-7 Practices per week) Approx. 45 min. dryland)	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	6:30-8:30pm	8-10am 4:30-6:30pm

