

Latshmere Swim Team
In-Season Practice Schedule 2010
 Beginning Wednesday, June 9
 (day after last day for Susquehanna Township Schools)

Morning Practice Schedule

June 9 - July 30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEVEL II Swim Dryland	8:00-9:30 9:30-10:00	8:30-10:00 10:00-10:30	8:30-10:00 10:00-10:30	8:30-10:00 10:00-10:30	8:00-9:30 9:30-10:00	<i>MEET</i>
LEVEL I Dryland Swim	8:30-9:00 9:00-10:00	9:30-10:00 10:00-11:00	9:30-10:00 10:00-11:00	9:30-10:00 10:00-11:00	8:30-9:00 9:00-10:00	<i>MEET</i>
MINI Swim	<i>*If necessary, arrangements can be made.</i>	11:00-11:45	11:00-11:45	11:00-11:45	<i>*If necessary, arrangements can be made.</i>	<i>MEET</i>

Evening Practice Schedule

June 9 – July 30	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALL LEVELS Dryland Swim	7:30 – 7:50 7:50 – 9:00	7:30 – 7:50 7:50 – 9:00	7:30 – 7:50 7:50 – 9:00	7:30 – 7:50 7:50 – 9:00	No Practice Rest for meet	<i>MEET</i>