

BLAST SWIMMING
2005-2005 Winter Practice Schedule

Monday	Marlin I	6:30pm – 7:15pm
	Marlin II	6:30pm – 7:30pm
	Blue Silver	6:30pm – 8:00pm
	Junior Senior	5:30am – 7:00am 7:30pm – 9:00pm * *45 minutes strength program before pool time
Tuesday	Junior Senior	5:30pm – 7:30pm
Wednesday	Marlin I	6:30pm – 7:15pm
	Marlin II	6:30pm – 7:30pm
	Blue Silver	6:30pm – 8:00pm
	Junior Senior	5:30am – 7:00am 7:30pm – 9:00pm * *45 minutes strength program before pool time
Thursday	Junior Senior	5:30pm – 7:30pm
Friday	Marlin I & II Blue	7:30pm – 8:30pm
	Silver	5:30pm – 7:00pm
	Junior Senior	5:30am – 7:00am 5:30pm – 7:30pm
Saturday	Silver	7:30am – 9:00am
	Junior Senior	7:30am – 10:00am