

PRO SWIMMING
Workout Schedule
2011-2012

GROUP	DAYS	TIME	Group Limit	COACH	Schedule Options/ Attendance Goal
White	M/W	5:30 – 6:00	8	Vivien	
	T/TH	3:30 - 4:00	16	Maudry	M/W
	T/TH	4:30 - 5:00	8	Vivien	or
	T/TH	5:00 - 5:30	8	Chloe	T/TH
	T/TH	5:30 - 6:00	8	Chloe	
	T/TH	6:00 - 6:30	8	Chloe	
Morning Blue	T/TH	7:00 - 7:45 AM	16	Bekah	
Afternoon Blue	M/W	4:15 - 5:00	16	Maudry	M/W
	M/W	5:00 - 5:45	16	Bekah	or
	M/W	6:30 - 7:15	16	Bekah	T/TH
	T/TH	4:45 - 5:30	16	Maudry	
Morning Bronze	M/W/F	6:15 - 7:00 AM	16	Bekah	M/W/F
Afternoon Bronze	M/W	5:45 - 6:30	16	Bekah	M/W/F
	M/W	6:00 - 6:45	24	Maudry	or
	T/TH	4:00 - 4:45	16	Maudry	T/TH/F
	F	5:30 - 6:30		Maudry	<u>3/week</u>
Silver	M/W	5:00 - 6:00	24	Maudry	ALL
	T/TH	5:30 - 6:30		Maudry	<u>5/week</u>
	F	4:00 - 5:30		Maudry	
	Sat	7:00 - 9:00 am		Maudry/Helen	
HS Prep Plus	M/W	3:30 - 4:15	18	Maudry/Helen	All
	F	3:30 - 4:30			
	Sat	7:00 - 8:30 am			
HS Prep	M/W	6:45 - 7:30	24	Maudry	M/W
Sr. Prep	M-F	3:30 - 5:00	24**	Helen	All
Senior	M/W	3:30 - 5:00	24**	Helen	All
	T/TH/F	3:30 - 5:30		Helen	
	Sat	7:00 - 9:00 am		Helen/Maudry	
Senior Dryland	M/W	5:10 - 6:00	n/a	Helen	All
	T/TH	5:30 – 6:00			
	Sat	9:15 – 10:00			

** Maximum for Senior and Sr. Prep combined.