

**PRO SWIMMING**  
**Workout Schedule**  
**2009-2010**

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

\* If appropriate, based on swimmer's goals and coach's recommendation.

\*\* Maximum for Senior and Sr. Prep combined.