

# WSY Swimming

## 2007-2008 Fall/Winter Practice Shedule

Updated 11/13/07

(Y) YMCA (M) Messiah College

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

### National (7)

<b>October 22-Nov 18</b>	5:30-7am (Y) 6-8:30pm (M)	6-8:30pm (M)	5:30-7am (Y) 6-8:30pm (M)	6-8:30pm (M)	5:30-7am (Y) 4-6:15pm (Y)	6:30-8:30am (Y) <b>8:45-9:30</b> Circuit Training	12-2:15pm (Y)
<b>November 19-25</b>	5:30-7am (Y) 4-6:15pm (Y)	3:50-6pm (Y)	5:30-7am (Y) 4-6:15pm (Y)	<b>Holiday</b> No Practice	5:30-7:45am (Y) 4-6:15pm (Y)	6:30-8:30am (Y) <b>8:45-9:30</b> Circuit Training	12-2:15pm (Y)
<b>November 26-Dec 16</b>	5:30-7am (Y) 6-8:30pm (M)	6-8:30pm (M)	5:30-7am (Y) 6-8:30pm (M)	6-8:30pm (M)	5:30-7:45am (Y) 4-6:15pm (Y)	6:30-8:30am (Y) <b>8:45-9:30</b> Circuit Training	12-2:15pm (Y)

### Senior (7)

<b>October 22-Nov 18</b>	5:30-7am (Y) 6:30-8:30pm (M)	6:30-8:30pm (M)	5:30-7am (Y) 6:30-8:30pm (M)	6:30-8:30pm (M)	5:30-7am (Y) 4-6:15pm (Y)	6:30-8:30am (Y) <b>8:45-9:30</b> Circuit Training	12-2:15pm (Y)
<b>November 19-25</b>	5:30-7am (Y) 7:30-9:15pm (Y)	7:15-9:15pm (Y)	5:30-7am (Y) 4-6:15pm (Y)	<b>Holiday</b> No Practice	5:30-7:45am (Y) 4-6:15pm (Y)	6:30-8:30am (Y) <b>8:45-9:30</b> Circuit Training	12-2:15pm (Y)