

2009 SUMMER TRAINING SCHEDULE

HIGH PERFORMANCE & YOUTH NATIONAL

(all workouts at CGAC unless otherwise indicated)

JUNE 15-20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		5:30-7:30	5:30-7:30	5:30-7:30		5:30-7:30
PM	3:30-5:30	3:30-5:30		3:30-5:30	3:00-4:30	
		HP at OAK				

JUNE 21-27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		5:30-7:30	5:30-7:30	5:30-7:30		5:30-7:30
PM	3:30-5:30	3:30-5:30		3:30-5:30	3:00-4:30	
		HP at OAK		P@OAK 3-5		

JUNE 29-JULY 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		5:30-7:30	5:30-7:30	5:30-7:30		6:00-8:00
PM	3:30-5:00	3:30-5:00		3:30-5:00	3:30-5:00	

JULY 6-11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		5:30-7:30	5:30-7:30	5:30-7:30		6:00-8:00
PM	3:30-5:00	3:30-5:00		3:30-5:00	3:30-5:00	

HAUCH SWIMMERS – HAVE A GREAT SUMMER!

SCHEDULE for REMAINDER of SUMMER SEASON (starting JULY 13)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		5:30-7:30	5:30-7:30	5:30-7:30		7:00-9:00
PM	3:30-5:00	3:30-5:00		3:30-5:00	3:30-5:00	

All training times are subject to change dependent on group size and pool time/space.
If Thames Park opens earlier than expected, we will move some workouts outdoors.