

2009 SUMMER TRAINING SCHEDULE II

JUNE 29 – JULY 4

All training times are subject to change dependent on group size and pool time/space.

YOUTH

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6:00-7:30				6:00-7:30	8:00-9:00
PM		4:00-5:15	4:00-5:15	4:00-5:15		

AGE GROUP GOLD/BLUE

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6:00-7:30				6:00-7:30	8:00-9:00
PM		5:30-6:30	4:00-5:15	5:30-6:30		

AGE GROUP ORANGE

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		6:00-7:00				8:00-9:00
PM			4:30-5:30		5:00-6:00	

DEVELOPMENT

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						8:00-9:00
PM	5:30-6:30		5:30-6:30			

2009 SUMMER TRAINING SCHEDULE II

JULY 6 – 10

All training times are subject to change dependent on group size and pool time/space.

YOUTH

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6:00-7:30				6:00-7:30	HAUCH
PM		4:00-5:15	4:00-5:15	4:00-5:15		

AGE GROUP GOLD/BLUE

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	6:00-7:30				6:00-7:30	HAUCH
PM		5:30-6:30	4:00-5:15	5:30-6:30		

AGE GROUP ORANGE

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						HAUCH
PM	5:30-6:30		5:30-6:30		5:00-6:00	

DEVELOPMENT

(all workouts at CGAC)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM						HAUCH
PM	5:30-6:30		5:30-6:30		5:00-6:00	