

Haney Neptunes 2010 July Swimming Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	5:30-6:30am Group 1 6:30-7:30am Group 3 <i>TEACH POOL</i>	5:30-7:00am Group 1 7:00-8:00am Group 2 <i>TEACH POOL</i>	5:30-6:30am Group 2 6:30-7:30am Group 3 <i>TEACH POOL</i>	5:30-7:00am Group 1 7:00-8:00am Group 2 <i>TEACH POOL</i>
2:00-3:00pm Group 4 <i>TEACH POOL</i>	3:00-4:00pm Group 2 <i>TEACH POOL</i>	3:00-4:00pm Group 4 <i>TEACH POOL</i>		
4:00-6:00pm Group 1 4:00-5:00pm Group 3 5:00-6:00pm Group 2 <i>COMPETITION POOL</i>		4:00-6:00pm Group 1 4:00-5:00pm Group 3 5:00-6:00pm Group 2 <i>COMPETITION POOL</i>	4:00-6:00pm Group 1 4:00-5:00pm Group 3 5:00-6:00pm Group 2 <i>COMPETITION POOL</i>	4:00-5:00pm Group 1 4:00-5:00pm Group 4 5:00-6:00pm Group 2 5:00-6:00pm Group 3 <i>COMPETITION POOL</i>

Groups 4a and 4b will now practice at the same time (Group 4)

Waterpolo and Synchro only members that wish to swim, please attend the MWF afternoon practices in the competition pool.

Group 1 Tuesday, Wednesday, and Friday morning practices will include an additional 30-60 minutes of dryland practice afterwards.

Thursday, July 29th will not have any swim practices for any groups between 4:00pm – 6:00pm.