



April 2010

Senior Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 March	29 Dry 4:00 – 4:15 Pool 4:15 - 6:30	30 Pool 4:00 – 6:00 Wts 6:15 – 7:00	31 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	1 April Pool 4:00 – 6:00 Wts 6:15 – 7:00	2 Good Friday No Swimming	3 No Swimming
4 No Swimming	5 Easter Monday No Swimming	6 Pool 4:00 – 6:00 Wts 6:15 – 7:00	7 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	8 Pool 4:00 – 6:00 Wts 6:15 – 7:00	9 Dry0600–615 Pool 0615 - 0730 Future Stars Swim Camp: Annamay Pierce Pool 4:00 – 6:00	10 Dry 06:00 – 06:10 Pool 06:10 – 08:30 Future Stars Swim Camp: Annamay Pierce
11 Future Stars Swim Camp: Annamay Pierce	12 Dry 4:00 – 4:15 Pool 4:15 - 6:30	13 Pool 4:00 – 6:00 Wts 6:15 – 7:00	14 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	15 Pool 4:00 – 5:30 Wts 6:15 – 7:00	16 Dry0600–615 Pool 0615 - 0730 Prospects West Camp Swim 4:15-6:15 pm	17 Pool 06:00 – 07:00 Prospects West Camp Swim Meet 3:00 – 7:00 pm
18 Prospects West Camp	19 Dry 4:00 – 4:15 Pool 4:15 - 6:30	20 Pool 4:00 – 6:00 Wts 6:15 – 7:00	21 Dry 0600 – 0615 Pool 0615 - 0730 Elem School Meet Dry 4:00 – 4:15 Pool 4:15 - 6:30	22 Pool 4:00 – 6:00 No Wts	23 Dry0600–615 Pool 0615 - 0730 Pool 4:00 – 6:00	24 VKSC Spring Inv
25 VKSC Spring Inv	26 OFF	27 Pool 4:00 – 6:00 Wts 6:15 – 7:00	28 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	29 Pool 4:00 – 6:00 Wts 6:15 – 7:00	30Dry0600–615 Pool 0615 - 0730 Pool 4:00 – 6:00	1 (May) Dry 06:00 – 06:10 Pool 06:10 – 08:30 Dry 08:45 – 09:45