

GA TENTATIVE SUMMER SEASON SCHEDULE 2009

This schedule is set to begin on **June 8th 2009** for the GA summer schedule. If weather is bad outdoors we will squeeze inside, so practice does not have to be cancelled!

Blue:

Mondays, Wednesdays & Fridays: 4:00-5:15 PM GBN

*Tuesdays: 5-6:15 PM SportsCenter-NBPD ***

Green:

Mondays, Wednesdays & Fridays: 5:15-6:45 PM GBN

*Thursdays: 5:00-6:30 PM SportsCenter-NBPD***

Silver:

*Mondays, Wednesdays & Fridays: 4-4:50 PM Dry land & 4:50-6:30 PM Swim @ SportsCenter-NBPD***

Tuesdays & Thursdays: 3:45-4:30 PM Dry land & 4:30-6:30 PM Swim @ GBN

Gold Extreme:

*Monday Through Friday: 6:45-9 AM Swim & 9:15-10 AM Dry land @ SportsCenter-NBPD***

Monday, Wednesday & Friday: 5:00-5:45 PM Dry land & 5:45-7:15 PM Swim @ GBN

Gold Conditioning:

Monday through Friday: 6:00-8:00 AM Swim @ GBN

Tuesdays & Thursdays: 8:15-9:00 AM Dry land @ GBN

Monday, Wednesday & Fridays: 4-6 PM @ GBN

Gold Skill:

Mondays & Wednesdays: 6-6:30 PM Dry land and 6:30-8 PM Swim @ GBN

Tuesdays & Thursdays: 6:15-8 PM Swim @ GBN

Masters:

Mondays, Tuesdays, Wednesdays & Thursdays: 8-9 PM @ GBN, Sundays: 8:30-10 AM @ GBN

(Gold Extreme, Gold Conditioning & Gold Skill and Silver will have weekend practices scheduled as well as the above-check weekly splashes for those dates and times each week!)

SportsCenter is an outdoor 50 Meter Facility located on Pfingsten Road in Northbrook (North of Willow and South of Dundee Roads). Please be sure to pack sunscreen in your swimmers bag for these days or practice.

