



PRACTICE SCHEDULE



2010 Spring (April 26 – June 6)

The following table lists practice times for each group during a normal practice week. In special circumstances when we must make a last-minute, unscheduled practice change, we will post the change on the website calendar, send out an e-mail, and activate the phone tree to inform you. Contact Coach Dave at dhedden@jolietymca.org or 815-603-1114.

Visit www.jetsyswimteam.org/calendar for the latest practice schedule changes!

Group	MON	TUE	WED	THU	FRI	SAT
Zeppelin 1	7:00-7:45pm @ Galowich Y		7:00-7:45pm @ Galowich Y			7:30-8:00am *DL @ Smith
Zeppelin 2	7:45-8:30pm @ Galowich Y		7:45-8:30pm @ Galowich Y			8:00-9:00am Swim @ Smith
Glider 1	6:00-7:00pm @ Galowich Y		6:00-7:00pm @ Galowich Y		7:00-8:00pm @ Smith Y	*Come in proper attire for dryland.
Glider 2		4:30-5:30pm Swim @ Smith		4:30-5:30pm Swim @ Smith	5:30-6:00pm DL @ Smith 6:00-7:00pm Swim @ Smith	7:00-8:00am @ Smith Y
Stunt Pilot 1	6:15-7:30pm @ Smith Y	6:00-7:15pm @ Smith Y	6:15-7:30pm @ Smith Y	6:00-7:15pm @ Smith Y		7:30-8:00am *DL @ Smith 8:00-9:00am @ Smith Y
Stunt Pilot 2	7:00-7:30pm DL @ Smith 7:30-9:00pm Swim @ Smith	5:30-7:00pm Swim @ Smith	7:00-7:30pm DL @ Smith 7:30-9:00pm Swim @ Smith	5:30-7:00pm Swim @ Smith		6:30-8:00am Swim @ Smith
Mach 1 Supercruisers	7:00-7:30pm DL @ Smith 7:30-9:00pm Swim @ Smith	7:15-9:00pm Swim @ Smith	7:00-7:30pm DL @ Smith 7:30-9:00pm Swim @ Smith	7:15-9:00pm Swim @ Smith	5:30-6:00pm DL @ Smith 6:00-7:30pm Swim @ Smith	6:15-8:00am Swim @ Smith 8:00-9:00am Lead groups
Mach 2 Supercruisers	4:15-6:15pm Swim @ Smith 6:15-6:45pm DL @ Smith	7:00-7:15pm DL @ Smith 7:15-9:00pm Swim @ Smith	4:15-6:15pm Swim @ Smith 6:15-6:45pm DL @ Smith	7:00-7:15pm DL @ Smith 7:15-9:00pm Swim @ Smith	4:00-6:00pm Swim @ Smith 6:00-6:30pm DL @ Smith	6:00-8:00am Swim @ Smith 8:00-9:00am Lead groups
Moon Landers	5:15-6:30am Swim @ Galo 4:15-6:15pm Swim @ Smith	6:15-7:00pm DL @ Smith 7:00-9:00pm Swim @ Smith	5:15-6:30am Swim @ Galo 4:15-6:15pm Swim @ Smith	6:15-7:00pm DL @ Smith 7:00-9:00pm Swim @ Smith	4:00-6:00pm Swim @ Smith 6:00-6:30pm DL @ Smith	6:00-8:00am Swim @ Smith 8:00-9:00am Lead groups



PRACTICE SCHEDULE

2010 Summer (June 7 – August 5)



The following table lists practice times for each group during a normal practice week. In special circumstances when we must make a last-minute, unscheduled practice change, we will post the change on the website calendar, send out an e-mail, and activate the phone tree to inform you. Contact Coach Dave with questions: E-mail dhedden@jolietymca.org or call 815-603-1114.

Weather Policy: We will swim in the rain, however, upon any sign of lightning or thunder, we will clear the pool deck for at least 30 minutes, as advised by the National Lightning Safety Institute. If weather is bad enough to warrant practice cancellations, you will be notified through the phone tree as early as possible. If it is possible to fit a make-up practice into the schedule, we will arrange one.

Visit www.jetsyswimteam.org/calendar for the latest practice schedule changes!

Group	MON	TUE	WED	THU	FRI	SAT
Zeppelin 1	9:15-10:00am @ JCC		9:15-10:00am @ JCC			7:30-8:00am *DL @ Smith
Zeppelin 2		9:15-10:00am @ JCC		9:15-10:00am @ JCC		8:00-9:00am Swim @ Smith
Glider 1	9:00-10:00am @ JCC		9:00-10:00am @ JCC		9:00-10:00am @ JCC	*Come in proper attire for dryland.
Glider 2		9:00-10:00am @ JCC		9:00-10:00am @ JCC	9:00-10:00am @ JCC	7:00-8:00am @ Smith Y
Stunt Pilot 1	8:00-9:15am @ JCC	8:00-9:15am @ JCC	8:00-9:15am @ JCC	8:00-9:15am @ JCC		7:30-8:00am *DL @ Smith 8:00-9:00am Swim @ Smith
Stunt Pilot 2	7:30-9:00am @ JCC	7:30-9:00am @ JCC	7:30-9:00am @ JCC	7:30-9:00am @ JCC		6:30-8:00am @ Smith Y
Mach 1 Supercruisers	6:00-7:45am @ JCC	6:00-7:45am @ JCC	6:00-7:45am @ Ottawa OR 7:30-9:15am @ JCC	6:00-7:45am @ JCC	7:00-8:45am @ JCC	6:15-8:00am Swim @ Smith 8:00-9:00am Lead groups
Mach 2 Supercruisers	6:00-8:00am @ JCC 4:30-5:00pm DL @ Smith 5:00-6:30pm Swim @ Smith	6:00-8:00am @ JCC 4:00-4:30pm DL @ Smith 4:30-6:00pm Swim @ Smith	6:00-8:00am @ Ottawa OR 7:30-9:15am @ JCC	6:00-8:00am @ JCC 4:00-4:30pm DL @ Smith 4:30-6:00pm Swim @ Smith	7:00-9:00am @ JCC	6:00-8:00am Swim @ Smith 8:00-9:00am Lead groups
Moon Landers	6:00-8:00am @ JCC 4:30-5:00pm DL @ Smith 5:00-6:30pm Swim @ Smith	6:00-8:00am @ JCC 4:00-4:30pm DL @ Smith 4:30-6:00pm Swim @ Smith	6:00-8:30am @ Ottawa	6:00-8:00am @ JCC 4:00-4:30pm DL @ Smith 4:30-6:00pm Swim @ Smith	7:00-10:00am @ JCC	6:00-8:00am Swim @ Smith 8:00-9:00am Lead groups