

NAAC PRACTICE TIMES: SWIMMING AND DIVING 2009–2010

Practice begins September 21

Monday	Instructional/8 and under 5:30–6:15 Dryland: 6:15–6:30	9, 10 & 11 5:30–6:45 Dryland: 6:45–7	12 & UP Dryland: 6:20–6:40 6:45–8	Diving 6:30–8
Tuesday	8 and under No Practice	9 & over Dryland: 7:40–8 8–9		
Wednesday	Instructional/8 and under 5:30–6:15 Dryland: 6:15–6:30	9, 10 & 11 5:30–6:45 Dryland: 6:45–7	12 & UP Dryland: 6:20–6:40 6:45–8	Diving 6:30–8
Thursday	8 and under No Practice	9 & over Dryland: 7:40–8 8–9		
Friday	all age groups 6–7:30			Diving 6–7:30

No practice on the following days:

October 6: Parent's meeting

November 3, 25, 26, 27 [NASD closed]

December 24, 25 [NASD closed]

Practice during the Christmas break will be posted at a later date