

## 9/19/11-10/1/11 MONTCLAIR YMCA PRACTICE SCHEDULE

Group	Mon	Tue	Wed	Thu	Fri
White		5:30-6:05		6:15-7:00	4:00-4:45
Red		6:45-7:30	4:00-4:45	6:30-7:30	
Black		6:15-7:30	4:45-5:30		7:30-8:30
Flippers		6:05-6:45		5:30-6:15	4:45-5:30
Novice	5:30-6:45		5:30-6:45		4:00-5:30
Junior Prep	5:30-6:45		5:30-6:45		4:00-5:30
Junior Advanced AM	4:00-5:30	4:00-5:30 5:30-7:00		4:00-5:30 5:30-7:00	5:30-7:00
Senior AM	7:20-9:15	7:30-9:15 5:30-7:00	7:20-9:15	7:30-9:15 5:30-7:00	5:30-7:00
National AM	5:30-7:30	5:30-7:30 5:30-7:00	5:30-7:30	5:30-7:30 5:30-7:00	5:30-7:30

Schedule subject to change

Main page of website ALWAYS supercedes this schedule

\*\*Saturday Specials are clinics which will run when no homes meets are on Saturdays\*\*

AM Practices are for high school aged swimmers only and will begin mid October

Yellow = Small Pool

Updated 9/14/11