

## 2007-2008 ACAC TENTATIVE SHORT COURSE PRACTICE TIMES BY GROUPS

Group		Sun	Mon	Tue	Wed	Thur	Fri	Sat
<b>Senior</b> 9 practices per week	AM and PM DRYLANDS WEIGHTS	X X X	5-7AMand4-6PM D6:00-6:30PM X	5:00-7:00AM X W4:00-6:00PM	5-7AMand4-6PM D6:00-6:30PM X	5:00-7:00AM X W4:00-6:00PM	5-7AMand4-6PM D6:00-6:30PM X	8-10AM D10-10:45AM W12-2PM
<b>Pre-Senior</b> 6 practices per week	AM or PM DRYLANDS WEIGHTS	X X X	5-7AMor4-6PM D6:00-6:30PM X	5:00-7:00AM X W4:00-6:00PM	5-7AMor4-6PM D6:00-6:30PM X	5:00-7:00AM X W4:00-6:00	5-7AMor4-6PM D6:00-6:30PM X	8-10AM D10-10:45AM W12-2PM
<b>Silver Group</b> 6 practices per week	AM PM DRYLANDS	X X X	X 4:00-6:00PM D6:00-6:30PM	5:00-7:00AM X X	X 4:00-6:00PM D6:00-6:30PM	5:00-7:00AM X X	X 4:00-6:00PM D6:00-6:30PM	8-10AM X D10-10:45AM
<b>Black Group</b> 4 practices per week	PM	X	6:00-7:30PM	X	6:00-7:30PM	X	6:00-7:30PM	10-12PM
<b>Red Group</b> 4 practices per week	PM	X	6:00-7:00PM	X	6:00-7:00PM		6:00-7:00PM	10-11:30PM

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Time		Sun	Mon	Tue	Wed	Thur	Fri	Sat
5:00 -7:00AM	SWIM		Senior Pre-Senior	Senior Pre-Senior Silver	Senior Pre-Senior	Senior Pre-Senior Silver	Senior Pre-Senior	
8:00 -10:00AM	SWIM							Senior Pre-Senior Silver
10:00 -10:45AM	DRYLANDS							Senior Pre-Senior Silver
10:00-11:30AM	SWIM							Red
10:00 -12:00PM	SWIM							Black
12:00-2:00PM	WEIGHTS							Senior Pre-Senior
4:00-6:00PM	SWIM		Senior Pre-Senior Silver		Senior Pre-Senior Silver		Senior Pre-Senior Silver	
4:00-6:00PM	WEGHTS			Senior Pre-Senior		Senior Pre-Senior		
6:00-6:30PM	DRYLANDS		Senior Pre-Senior Silver		Senior Pre-Senior Silver		Senior Pre-Senior Silver	
6:00-7:30PM	SWIM		Black		Black		Black	
6:00-7:00PM	SWIM		Red		Red		Red	