

# February 2012



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool All swimmers 6:00-6:30 Dryland 6:45- 7:30 Fly	3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	1 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>Green and above</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	2 <b>WB BOYS HOME</b> 3:30-5:30 Adv. pool <u>All Mariners</u> <b>5:30-6:30 gym</b> No swimming	3 3:45-4:45 Studio 5:00-6:30 Green and above	4 USA meet St. Thomas
5 USA meet St. Thomas  <u>All Swimmers</u> 4:00-5:30	6 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	7 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	8 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>Green and above</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	9 <b>WB BOYS HOME</b> 3:30-5:30 Adv. pool <u>All Mariners</u> <b>5:30-6:30 gym</b> No swimming	10 3:45-4:45 Studio 5:00-6:30 Green and above  <b>Initial Regional Meet entries Due</b>	11 Eat some pasta- Get psyched up Go to bed early!
12 <b>YMCA STATE MEET</b>	13 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	14 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	15 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>Green and above</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	16 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	17 3:45-4:45 Studio 5:00-6:30 Green and above  <b>USA A/B finals Meet entries DUE</b>	18
19 <b>Swim Team Awards Dinner</b>	20 Holiday  No practice	21 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	22 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>Green and above</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	23 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	24 3:45-4:45 Studio 5:00-6:30 Green and above  <b>Initial USA senior state entries due</b>	25
26 <u>All Swimmers</u> 4:00-5:30	27 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	28 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	29 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>Green and above</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	3:45-4:45 Studio 5:00-6:30 Green and above <b>Initial USA Age Group state entries due</b>	USA A/B finals