

January 2012



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 NO PRACTICE	2 <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	3 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above Meet Entries Due	4 <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	5 WB BOYS HOME 3:30-5:30 Adv. pool <u>All Mariners</u> 5:30-6:30 gym No swimming	6 3:45-4:45 Studio 5:00-6:30 Green and above	7 Southdale Meet Meet start
8 <u>All Swimmers</u> 4:00-5:30	9 <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	10 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above Meet Entries Due	11 <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	12 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	13 3:45-4:45 Studio 5:00-6:30 Green and above	14 Brainerd Meet Meet Start 10am
15 <u>All Swimmers</u> 4:00-5:30	16 <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	17 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above Meet Entries Due	18 <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	19 WB BOYS HOME 3:30-5:30 Adv. pool <u>All Mariners</u> 5:30-6:30 gym No swimming	20 3:45-4:45 Studio 5:00-6:30 Green and above Section meet entries due	21 Home Meet Meet start 1:10 pm
22 <u>All Swimmers</u> 4:00-5:30	23 <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	24 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	25 <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	26 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	27 3:45-4:45 Studio 5:00-6:30 Green and above	28
29 YMCA SECTION MEET ALL DAY MEET	30 <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	31 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>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	2 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	3 3:45-4:45 Studio 5:00-6:30 Green and above	4