

West Express Swim Team Practice Schedule for January 2012

All practices at the CMSE pool

Dolphins: Monday thru Thursday 6:00-7:00 pm. Fridays Vary **Dolphins pick 3, any 3 practices each week**

Sharks: Monday, Tuesday, Wednesday, Thursday 7:00-8:15 pm. Fridays **Sharks pick 4 practices a week**

Age Group: Most often 6:00-7:30 pm but Times vary! **Seniors:** Generally 7:00-9:00, Fridays 6:00-7:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO Practice – Bldg. is closed.	3 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	4 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-8:45 pm Sharks 7:00-8:15 pm	5 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	6 Age Group 5:30- 6:30 pm Dolphins 5:30-6:30 pm Seniors 6:30-7:30 pm Sharks 6:30-7:30 pm	7 Hutchinson B/C Meet
8 Hutchinson B/C Meet	9 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	10 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	11 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-8:45 pm Sharks 7:00-8:15 pm	12 HS Boys are away Seniors 3:30 – 5:30 pm Dolphins 5:30 – 6:30 pm Age Group 5:30 – 7:00 pm Sharks 6:30 – 7:45 pm	13 Age Group 5:30- 7:00 pm Dolphins 5:30-6:30 pm Seniors 5:30-7:00 pm Sharks 6:30-7:30 pm Foxjet A Meet	14 Foxjet A Meet
15 Foxjet A Meet	16 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	17 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	18 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-8:45 pm Sharks 7:00-8:15 pm	19 HS Boys are away Seniors 3:30 – 5:30 pm Dolphins 5:30 – 6:30 pm Age Group 5:30 – 7:00 pm Sharks 6:30 – 7:45 pm	20 Age Group 5:30- 7:00 pm Dolphins 5:30-6:30 pm Seniors 5:30-7:00 pm Sharks 6:30-7:30 pm	21
22	23 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	24 No Practice – Boys Home Swim Meet	25 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	26 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	27 Age Group 5:30- 7:00 pm Dolphins 5:30-6:30 pm Seniors 5:30-7:00 pm Sharks 6:30-7:30 pm	28
29	30 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	31 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-9:00 pm Sharks 7:00-8:15 pm	1 Age Group 6:00-7:30 pm Dolphins 6:00-7:00 pm Seniors 7:00-8:45 pm Sharks 7:00-8:15 pm	2 No Practice – Boys Home Swim Meet	3 Age Group 5:30- 7:00 pm Dolphins 5:30-6:30 pm Seniors 5:30-7:00 pm Sharks 6:30-7:30 pm	4 St. Michael AB Meet