

JCC Sailfish Practice Schedule
June 9, 2008 – September 7, 2008

Outdoor Season – Monroeville Pool

No practice Monday morning, June 9th – (There is practice Monday evening)

June 9th – August 6, 2008

Sunday	8:00 – 10:00 AM	All Groups
Monday	7:00 – 9:15 AM	All Groups
	6:30 – 8:00 PM	All Groups
Tuesday	7:00 – 9:15 AM	US Group *
	6:30 – 8:00 PM	All Groups
Wednesday	7:00 – 9:15 AM	All Groups
Thursday	7:00 – 9:15 AM	US Group *
	6:30 – 8:00 PM	All Groups
Friday	7:00 – 9:15 AM	All Groups

*** 11 and over by invitation only**

11 and under swimmers should not do two workouts per day

12 and older swimmers should see coach about doubles

No Practice August 7th – August 24, 2008.

Outdoor practice resumes (Monroeville Pool) – August 25th – September 7, 2008.

Monday – Friday, 5:30 – 7:30 PM, Tuesday and Thursday practices US Group only (11 & over by invitation only).

No Practice dates – Wednesday, August 27th, Sunday, August 31st and Monday, September 1st.

Sleep over and workout – September 6th & 7th – more to come

Indoor practice resumes – September 8, 2008 – more to come