Waukesha Express Swim Team

Tentative Spring and Summer 2010 Practice Schedule							
	SPRING SESSION				**SUMMER SESSION**		
	Dates: March 22 - June 11				Dates: June 14 - August 4		
Ribbons	M - Th	5:45 - 6:30 PM	South High School		M - Th	5:45 - 6:30 PM	South High School
	Suggested practice attendance: 2 - 3 times per week				*Suggested practice attendance: 2 - 3 times per week*		
Bronze	M - Th	6:30 - 7:45 PM	South High School		M - Th	6:30 - 7:45 PM	South High School
	Suggested practice attendance: 2 - 3 times per week				*Suggested practice attendance: 2 - 3 times per week*		
Silver	M - Th	6:00 - 7:30 PM	South High School		M/T/TH	6:00 - 7:30 PM	South High School
	F	5:30 - 7:00 PM	South High School		F	5:30 - 7:00 PM	South High School
	Suggested practice attendance: 3 times per week				W	6:45 - 8:15 PM	Buchner
					Suggested practice attendance: 3 times per week		
Gold	M - Th	6:00 - 8:00 PM	South High School		M/W/F	6:45 - 8:45 AM	Buchner/South
	F	5:30 - 7:30 PM	South High School		M - Th	5:30 - 7:30 PM	South High School
	Suggested practice attendance: 3 - 4 times per week				*Gold Plus: attend 2 practices/day for two days each week*		
Senior 1	M - Th	5:30 - 8:00 PM	South High School		M/T/TH/F	6:45 - 8:45 AM	Buchner/South
	F	5:30 - 7:30 PM	South High School		T/W/F	4:00 - 6:00 PM	South High School
Senior 2/	M - Th	3:15 - 6:15 PM	South High School		M - F	6:45 - 8:45 AM	Buchner/South
Senior Team	F	3:15 - 5:30 PM	South High School		M - F	4:00 - 6:00 PM	South High School
	For the week of March 22rd all swimmers should come prepared with dry land clothes each day for practice (shorts, t-shirt, sweatshirt, and tennis shoes).						
	Ribbons, Bronze, Silver and Gold groups will have one practice per week at North as we did this fall and winter. Schedule for North TBD.						