

Bellingham Bay Swim Team
Practice Schedule
2010-2011

Novice

All Year: Monday - Friday: 4:30 - 5:45pm

Junior

All Year: Monday - Friday: 4:30 – 6:00pm

Pre-Senior

Sept. – June:

Monday, Wednesday, Friday: 5:30-7:15pm (stretch & swim)

Tuesday, Thursday: 5:00-7:00pm (dry-land & swim)

Summer:

Tuesday, Wednesday, Thursday: 8:00-9:30am

Monday, Wednesday, Friday: 5:30-7:15pm (stretch & swim)

Tuesday, Thursday: 5:00-7:00pm (dry-land & swim)

* All year - Saturdays: 9:30-11:00am (check calendar) *

Senior

Sept. – Feb:

Tuesday – Friday: 5:30-7:00am

Monday, Wednesday, Friday: 5:00-7:30pm (dry-land & swim)

Tuesday, Thursday: 5:30-7:30pm (swim & dry-land)

Feb. – June:

Tuesday – Friday: 5:30-7:00am

Monday – Friday: 3:00-5:30pm (swim & dry-land)

Summer:

Monday – Friday: 6:30-8:30am

Monday, Wednesday: 5:00-7:30pm (dry-land & swim)

Tuesday, Thursday: 5:00-7:00pm (dry-land & swim)

* All year - Saturdays: 8:30-10:30am (check calendar) *