

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Novice	H2O: 6-6:45 PM (1 lane)	Off	H2O: 6-6:45 PM (1 lane)	Off	H2O: 6:15-7 PM (1 lane)
Group 1	H2O: 5:15-6 PM Intro stretch: 6-6:20 PM	Off	H2O: 5:15-6 PM Intro stretch: 6-6:20 PM	H2O: 6-6:45 PM	H2O: 6:15-7 PM
Group 2	H2O: 5-6 PM	H2O: 6-7 PM Dryland: 5:30-6 PM	H2O: 5-6 PM	H2O: 6:30-7:30 PM Dryland: 6-6:30 PM	H2O: 6:15-7 PM
Group 3	H2O: 6-7:30 PM	H2O: 5-6 PM Dryland: 6-6:30 PM	H2O: 6-7:30 PM	H2O: 5-6:00 PM Dryland: 6-6:30 PM	H2O: 5-6:15 PM
Senior	Dryland: 5:30-6 PM H2O: 6-8 PM	H2O: 5-6:30 PM Cardio: 6:30-7 PM	Dryland: 5:30-6 PM H2O: 6-8 PM	H2O: 5-6:30 PM Cardio: 6:30-7 PM	H2O: 5-6:15 PM
Senior AM/ High School AM / Masters	5:30-7 AM	No AM	5:30-7 AM	No AM	5:30-7 AM

**Total Practice Time Per Week**

Novice	2 hours 15 minutes / week
Group 1	3 hours 40 minutes / week
Group 2	5 hours 45 minutes / week
Group 3	8 hours 45 minutes / week
Senior	12 hours 15 minutes / week
Sr AM / HS AM / USMS	6 hours / week

**Monthly Dues (Starting 9/1/08)**

Novice	\$55.00 per month
Group 1	\$65.00 per month
Group 2	\$75.00 per month
Group 3	\$85.00 per month
Senior PM	\$105.00 per month
Senior AM & PM	\$130.00 per month
Senior AM / HS AM	\$60.00 per month
Masters	\$45.00 per month

**Saturday**

Off

Off

Off

H2O: 8:15-9:45 AM

H2O: 8:15-10:15 AM

H2O: 8:15-9:45 AM