

SCHEDULE

Fall/Winter Schedule

Starts Wednesday 9/9/09

Level I-A & B will swim at Immaculata on Tuesday & Thursday during Malvern Prep's water polo season. IMMACULATA WILL START 9/15

Swimmers must arrive 5-10 minutes prior to their scheduled start time. Swimmers must be prepared (sneakers, short & t-shirt) to do dry land outside until week of 10/28. Swimmers should be dropped off in the rear of the O'Neill Center for dryland.

NO SWIMMER WILL BE PERMITTED TO PRACTICE IF THEIR REGISTRATION HAS NOT BEEN RECEIVED!

Level	MON	TUES	WED	THURS	FRI	SAT
I-A	7:00-9:15	4:15-6:30*	6:45-9:15	4:15-6:30*	4:30-6:30	6:30-9:00
I-B	7:00-9:15	4:15-6:30*	6:45-9:15	4:15-6:30*	4:30-6:15	6:30-9:00
II-A	6:00-7:45		5:45-7:45	7:15-9:00	6:15-8:15	8:00-10
II-B	5:00-6:45	7:15-9:00	5:00-7:00		6:15- 8:15	8:00-9:45
III-A	5:00-6:30		5:00-6:45		7:00-8:30	9:00-10:30
III-B**	6:00-7:30	5:15-6:30			7:00-8:30	9:00-10:30
IV-A		6:00-7:15		6:15-7:15	6:00-7:15	11:00-12:00
IV-B		5:15-6:15		5:15-6:15		10- 11
Clinic A		6:45-7:30		6:45-7:30		
Clinic B		7:30-8:30		7:30-8:30		
Clinic C						11-12

- *at Immaculata University
- ** There will be a Level III B training levels if numbers warrant a level III A & B

This schedule will adjust after the completion of Malvern Prep's Water Polo Season. The days will not change, just the practice times.

LEVEL III- ALL SWIMMERS SHOULD ATTEND LEVEL III-A SCHEDULE FROM
9/14 TO 9/19

LEVEL I & II SCHEDULE FOR 9/9-9/12

WEDNESDAY 9/9 & THURSDAY 9/10

LEVEL I- 5:00-7:30 BRING SNEAKERS & APPROPRIATE CLOTHES

LEVEL II- 6:15-8:15

SATURDAY 9/12

LEVEL I 7:00-9:00 LEVEL II 8:30-10:30