

SwimStrongsville Practice Schedule

(This schedule dated 8/8/09 is tentative, pending final approval from ERC)

Detailed below are the practice times for the 2009-2010 SwimStrongsville Short Course (Indoor) Season. These times may change due to holidays or Ehrnfelt Recreation Center obligations or repairs. Please check the calendar at www.swimstrongsville.org for practice time updates on a regular basis. During September only, the ERC closes at 9:00 pm and all SwimStrongsville practices will end by 8:30 pm. The right column below details the September changes. All times are pm unless specified otherwise.

			<u>September Only</u>
Senior:	M, W, F	3:00-5:30	
	Tu, Th	3:00-5:00	
	Sa	9:00-11:00 am	
Elite:	M, W, F	4:30-6:30	
	Tu	7:00-9:00	7:00-8:30
	Th	off	
	Sa	8:00-9:00 am*	
Performance:	M, W	7:30-9:00	7:30-8:30
	Tu	off	
	Th	8:00-9:00	off
	F	6:30-7:30	
	Sa	8:00-9:00 am*	7:00-9:00 am
Development:	M, W	6:30-7:30	
	Tu, F	off	
	Th	7:00-8:00	
	Sa	8:00-9:00 am*	

*SwimStrongsville has secured lane time on Saturdays for Elite group and to offer a make-up practice for swimmers who have an occasional conflict during the week. This is an optional practice time and will be offered on certain Saturdays throughout the season. Be sure to check the practice calendar at www.swimstrongsville.org for the available Saturday dates.