

Westchester Aquatic Club Weekly Schedule – Please note times may change due to College Of New Rochelle Home Meets

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Future Stars		5:30-6:00		5:30-6:00		10:30-11:00	11:30-12:00
Bronze	5:15-6:00		5:15-6:00		5:15-6:00	10:15-11:00	11:15-12:00
Silver B	5:00-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	9:45-11:00	10:45-12:00
Silver A	5:00-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	9:45-11:00	10:45-12:00
Junior	3:30-5:00	3:30-5:00	3:30-5:00 Or 4:45-6:00	3:30-5:00 Or 4:45-6:00 (Stroke Clinic)	3:30-5:00 Or 4:45-6:00	8:00-9:45 Or 9:45-11:00	9:00-10:45 Or 10:45-12:00
Senior Refer to the calendar For AM Practice Schedule	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	8:00-10:00	9:00-11:00
Junior Select Refer to the calendar For AM Practice Schedule	3:30-5:15	3:30-5:15	3:30-5:15 Or 4:45-6:00	3:30-5:15 Or 4:45-6:00 (Stroke Clinic)	3:30-5:15 Or 4:45-6:00	8:00-10:00 Or 9:45-11:00	9:00-11:00 Or 10:45-12:00
Senior Select & Junior Elite Refer to the calendar For AM Practice Schedule	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	3:30-5:30	8:00-10:00	9:00-11:00

All Update information is sent via emails. To register for the Wolverine Email Alerts and Email Newsletters go to : <http://www.swimwestac.com/Info/CarleAlertsSubscribe.htm>

September 2010 *As of 9/15/10*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 There is no Fee for In-Season Stroke Clinic !	6	7 Evaluations 5:00-6:00 Junior & Senior Teams 5:00-6:00 pm Stroke Clinic \$10.00 Fee	8 Evaluations 5:00-6:00 Junior & Senior Teams 5:00-6:00 pm Stroke Clinic \$10.00 Fee	9 Evaluations 5:00-6:00 Junior & Senior Teams 5:00-6:00 pm Stroke Clinic \$10.00 Fee	10 Evaluations 5:00-6:00 Junior Sel & Senior Teams 4:00-6:00 pm Stroke Clinic \$20.00 Fee	11 Evaluations 9:00-10:00
12	13 Regular Practice Schedule	14 Regular Practice Schedule	15 Regular Practice Schedule	16 No AM Practice Regular PM Practice Schedule	17 Regular Practice Schedule	18 Regular Practice Schedule
19 Regular Practice Schedule	20 Regular Practice Schedule Future Stars 5:30-6:00	21 Junior Sel & Senior Teams AM Practice 5:15-6:45 No PM Due to Swim Meet	22 Regular Practice Schedule Future Stars 5:30-6:00	23 Junior Sel & Senior Teams AM Practice 5:15-6:45 No PM Due to Swim Meet	24 Regular Practice Schedule	25 Regular Practice Schedule
26 Regular Practice Schedule	27 Regular Practice Schedule	28 Regular Practice Schedule	29 Regular Practice Schedule	30 No Programs due to weather		

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Highlighted Events indicate changes to the Regular Schedule !

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Regular Practice Schedule Future Stars 5:30-6:00	2 Regular Practice Schedule
3 Regular Practice Schedule Swim Team Fitting 9:30-12:00 At CNR	4 AM Practice 5:15-6:45 Regular Practice Schedule	5 AM Practice 5:15-6:45 No PM Due to Swim Meet	6 Regular Practice Schedule Future Stars 5:30-6:00	7 Regular Practice Schedule	8 Regular Practice Schedule	9 Regular Practice Schedule
10 Practice 9:00-12:00	11 Junior 10:00-11:30 Junior Sel & Senior Teams 10:00-12:30 Future Stars 12:00-12:30	12 Regular Practice Schedule	13 Regular Practice Schedule	14 No PM Due to Swim Meet	15 AM Practice 5:15-6:45 Regular Practice Schedule Future Stars 5:30-6:00	16 Regular Practice Schedule
17 LIAC Meet No Practice	18 Regular Practice Schedule	19 Regular Practice Schedule	20 AM Practice 5:15-6:45 No PM Due to Swim Meet	21 Regular Practice Schedule	22 AM Practice 5:15-6:45 Regular Practice Schedule	23 Regular Practice Schedule
24 Regular Practice Schedule	25 Regular Practice Schedule	26 Regular Practice Schedule	27 Regular Practice Schedule	28 Regular Practice Schedule	29 AM Practice 5:15-6:45 Regular Practice Schedule	30 Halloween Team Races Same time as Practice Must have handed in MRU to Participate In Races
31 Regular Practice Schedule						

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November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Regular Practice Schedule	2 AM Practice 5:15-6:45 No PM Due to Swim Meet	3 Regular Practice Schedule Future Star 5:30-6:00	4 Regular Practice Schedule	5 No PM Due to Swim Meet Fall Classic Meet	6 Junior, Senior & Silver A 9:00-10:30 Silver B, Bronze & Future Stars Regular Times Fall Classic Meet
7 Fall Classic Meet Regular Practice Schedule	8 Regular Practice Schedule	9 Regular Practice Schedule	10 Regular Practice Schedule	11 Regular Practice Schedule	12 AM Practice 5:15-6:45 Regular Practice Schedule	13 Marlins 8U Meet Regular Practice Schedule
14 Regular Practice Schedule	15 Regular Practice Schedule Future Star 5:30-6:00	16 AM Practice 5:15-6:45 No PM Due to Swim Meet	17 Regular Practice Schedule Future Star 5:30-6:00	18 Regular Practice Schedule No Future Stars due to Coaches Away	19 Florida Meet Regular Practice Schedule	20 Florida Meet Regular Practice Schedule
21 Florida Meet Turkey Team Races 9 am Must have handed in MRU to Participate In Races	22 Regular Practice Schedule	23 AM Practice 5:15-6:45 Regular Practice Schedule	24 AM Practice 5:15-6:45 Regular Practice Schedule	25 No Practice	26 Regular Practice Schedule Future Star 5:30-6:00	27 Practice at CNR TBA Long Course for Junior Olympic Qualifiers at Lehman 12:30-2:30
28 No Programs at CNR Long Course for Junior Olympic Qualifiers at Lehman 11:30-1:30	29 Regular Practice Schedule	30 AM Practice 5:15-6:45 Regular Practice Schedule				

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December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Regular Practice Schedule	2 Regular Practice Schedule	3 Regular Practice Schedule	4 Winter Classic Meet Silver- Bronze Team Race 9:30-10:45 Junior Team 8:00-9:30 Future Stars 10:30-11:00
5 Winter Classic Meet No Practice	6 AM Practice 5:15-6:45 Regular Practice Schedule	7 Regular Practice Schedule	8 Regular Practice Schedule	9 Regular Practice Schedule	10 Regular Practice Schedule	11 Regular Practice Schedule
12 Regular Practice Schedule	13 AM Practice 5:15-6:45 Regular Practice Schedule	14 Regular Practice Schedule	15 Regular Practice Schedule	16 Regular Practice Schedule	17 Regular Practice Schedule	18 Holiday Team Races 8 am Must have handed in MRU to Participate In Races Future Stars 10:30-11:00
19 Break Out Olympian Clinic@CNR 9:00-12:30 No Practice	20 Regular Practice Schedule	21 AM Practice 5:15-6:45 Regular Practice Schedule	22 Regular Practice Schedule	23 Regular Practice Schedule	24 No Practice	25 No Practice
26 Long Course for Junior Olympic Qualifiers at Lehman 11:30-1:30	27 Long Course Select Team at Lehman 2:00-4:00 Silver A & Junior Team 2:00-3:00 at Lehman	28 Long Course Select Team at Lehman 2:00-4:00	29 Long Course Select Team at Lehman 2:00-4:00 Silver A & Junior Team 2:00-3:00 at Lehman	30 Long Course Select Team at Lehman 2:00-4:00	31 No Practice	

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