

Rye YMCA Wave Ryeders Swim Team 2010/2011

Swim Team Practice Schedule:

Team 1 (ages 6-9) – Practice offered 5 times per week, with expected attendance of 2-4 practices per week

Monday	6:00–6:45 pm (Pa Cope Pool)
Wednesday	6:00–6:45 pm (Pa Cope Pool)
Thursday	5:30–6:30 pm (Brookside Pool)
Friday	6:00–7:00 pm (Brookside Pool)
Sunday (starting on November 14 th)	2:30–3:30 pm (Pa Cope Pool)

Team 2 (ages 7-10) -- Practice offered 6 times per week, with expected attendance of 3-6 practices per week

Sunday (starting on November 14 th)	5:00–6:00 pm (Brookside Pool)
Monday	6:00–6:45 pm (Brookside Pool)
Tuesday	5:30–6:30 pm (Brookside Pool)
Wednesday	6:00–6:45 pm (Brookside Pool)
Friday	6:00–7:00 pm (Brookside Pool)
Saturday (starting October 9 th)	7:00–8:15 am (Pa Cope Pool)

Team 3 (ages 11-17) -- Practice offered 6 times per week, with expected attendance of 3-6 water practices per week
DRYLAND only for ages 11 and older – must sign-up with Coach Kate to participate

Sunday (starting on November 14 th)	5:00–6:00 pm (Brookside Pool)
Monday	6:45–8:00 pm (Pa Cope Pool)
Tuesday (starting October 26 th)	5:30–6:15 pm (DRYLAND – Racquetball Court)
Wednesday	6:45–8:00 pm (Pa Cope Pool)
Thursday (starting October 28 th)	5:30–6:15 pm (DRYLAND – Fitness Zone)
	6:30–8:00 pm (Brookside Pool)
Friday	7:00–8:00 pm (Brookside Pool)
Saturday (starting October 9 th)	7:00–8:15 am (Pa Cope Pool)

Team 4 (ages 11-17) -- Practice offered 6 times per week, with expected attendance of 4-6 water practices per week
DRYLAND only for ages 11 and older – must sign-up with Coach Kate to participate

Sunday (starting on November 14 th)	5:00–6:00 pm (Brookside Pool)
Monday	6:45–8:00 pm (Brookside Pool)
Tuesday (starting October 26 th)	5:30–6:15 pm (DRYLAND – Fitness Zone)
	6:30 – 8:00 pm (Brookside Pool)
Wednesday	6:45–8:00 pm (Brookside Pool)
Thursday (starting October 28 th)	5:30–6:15 pm (DRYLAND – Racquetball Court)
Friday	7:00–8:00 pm (Brookside Pool)
Saturday (starting October 9 th)	7:00–8:15 am (Pa Cope Pool)