



WAYS 2013 LONG COURSE PRACTICE SCHEDULE
@Cherokee County Aquatic Center
Practice Schedule Begins Thursday May 23rd to July 25th

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 2	6-8:30am	6-8:45am	6-8:30am	6-8:45am	6-8:30am	8-10am
PM	3-5pm MVAC Till 6/10/13		3-5pm MVAC Till 6/10/13			
Senior 3	6-8am	6-8am	6-8am	6-8am		8-10am
Youth	6-8:30am	6-8:45am	6-8:30am	6-8:45am	6-8:30am	8-10am
PM	3-5pm MVAC Till 6/10/13		3-5pm MVAC Till 6/10/13			
Age Group	6-8am	6-8am	6-8am	6-8am	6-8am	8-10am
Rookie	3-4pm		3-4pm			

MVAC SCHEDULE (May 20th to 22nd)

SR2: Monday-Wednesday 4-6:30pm with dryland.

SR3: Monday-Wednesday 4-6pm with dryland

YOUTH: Monday- Wednesday 5:30-8pm with dryland.

AG: Monday- Wednesday 6-8pm with dryland.

PINTREE SCHEDULE (May 20th to 22nd)

SR2: Monday- Wednesday 5:30-8pm with dryland.

SR3: Monday-Wednesday 5:30-7:30pm with dryland

YOUTH: Monday- Wednesday 5:30-8pm with dryland.

AG: Monday- Wednesday 5:30-7:30pm with dryland.

Rookie Blue: Monday - Wednesday 5:30-7:30pm

CAC (May 20th to 22nd)

Rookie Red & White: Monday- Wednesday 4:00-5:00pm