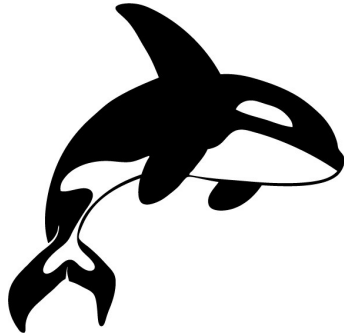


2011-12 Killer Whale Practice Schedule—revised 1/15/12



“FUTURE STARS”

This program is designed for children ages 8 & under who are new to the sport of swimming. An emphasis is placed on developing proper swimming skill and self-confidence in an environment rich with opportunities for making new friends and having fun.

	DAY	TIME	POOL
Practice Schedule Sept. 24 — Feb. 23 Attend any 2-3 per week			
<u>Ages</u> <u>5-8</u>	Mon	5:30-6:15pm	NMU
	Tue & Thu	5:30-6:15pm	Y
	Fri	5:30-6:15pm	NMU

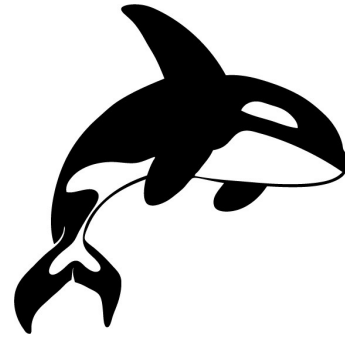
AGE GROUP DEVELOPMENT

This group is for beginners ages 9 & older as well as athletes with intermediate skills. Practice time is dedicated to skill improvement, aerobic development, knowledge of competitive rules and fun. Swimmers also learn about goal setting and race pacing. *Athletes 11 & older also have a strength training option.*

	DAY	TIME	POOL
Drills and Skills week Sept 19-23			
<u>Swim</u>	M-W-F	5:30-7pm	NMU
Practice Schedule Sept. 24 — Nov. 5 Attend any 3-5 per week			
<u>Swim</u>	M & W	4:30-6:00	MSHS
	Tu & Th	5:30-7pm	MSHS
	W & Fri	5:30-7pm	NMU
<u>Strength</u>	M & W	4:15-5:00pm	Y
Practice Schedule Nov. 7 — Feb. 21			
<u>Swim</u>	Mon	5:30-7	NMU
	Tues	5:45-7:15	MSHS
	We-Fri	5:30 - 7pm	NMU
<u>Strength</u>	M & W	4:15-5:00pm	Y
Practice Schedule Feb. 22 — Mar. 8			
<u>Swim</u>	Mon — Thu	5:30-7 pm	MSHS

See next page for other practice groups

2011-12 Killer Whale Practice Schedule



ADVANCED COMPETITION

This training group is for advanced swimmers age 10 & older, high school and college-age athletes. Advanced training concepts, race strategies and strength training are added to technical skill and endurance. Self motivation and dedication is a must. Athlete must meet qualifying standard to be eligible.

	DAY	TIME	POOL
Practice Schedule Sept. 12 — Sept. 23 Attend any 5-7 per week			
<u>Swim</u>	Mon-Fri	3-5pm	MSHS
Practice Schedule Sept. 24 — Nov. 5			
<u>Swim</u>	Tu-Th M, W, Fr	3-5:30pm* 5:30-7pm	MSHS NMU
<u>Strength</u>	M & W	4:15-5pm	Y
Practice Schedule Nov. 7 — Feb. 21			
<u>Swim</u>	Tu-Th M-W-F	5:45-7:45pm 5:30-7pm	MSHS NMU
<u>Strength</u>	M & W	4:15-5:00pm	Y
Practice Schedule Feb. 22 — Mar. 15			
<u>Swim</u>	Mon - Fri	5:15-7:15pm	MSHS

HIGH SCHOOL "LITE" SWIMMING & DIVING

	DAY	TIME	POOL
Session 1 Practice Schedule Sept. 24 — Nov. 5			
<u>Swim</u>	M & W	3:30-5 pm or 4:30-6 pm	MSHS
<u>Dive</u>	M & W	4:30-5:45 pm	MSHS

Note: This is a stand-alone program and participants are not eligible for YMCA competition or other swim team member benefits. Upgrade to full team is available.

ADULT FITNESS SWIMMING

	DAY	TIME	POOL
Session 1 Practice Schedule Sept. 26 — Nov. 4			
<u>SWIM</u>	Mon & Wed	3-4 pm or 6-7 pm	MSHS
Session 2 Practice Schedule Nov. 8 — Dec. 21			
<u>SWIM</u>	Mon & Wed	5:45-7pm	MSHS