

2009 – 2010 Whirlwind Diving

Novice, Blue & Tri-State

Practice Schedule

Starting September 21st

TEAM	MON	TUES	WED	THUR	FRI	SAT	SUN
Novice A	4:00–4:45 _{PM}		4:00–4:45 _{PM}				
Novice B	4:45–5:30 _{PM}		4:45–5:30 _{PM}				
Novice C			5:30–6:15 _{PM}		4:00–4:45 _{PM}		
Novice D			6:15–7:00 _{PM}		4:45–5:30 _{PM}		
Blue A			5:45–6:45 _{PM}				4:00–5:00 _{PM}
Blue B					6:00–7:00 _{PM}		12:00–1:00 _{PM}
Blue C			4:45–5:45 _{PM}		5:00–6:00 _{PM}		
Tri-State A		4:00–5:30 _{PM}			4:30–6:00 _{PM}		
Tri-State B	4:45–6:15 _{PM}	7:00–8:30 _{PM}					
Tri-State C	6:15–7:45 _{PM}						1:00–2:30 _{PM}
Tri-State D					6:00–7:30 _{PM}		2:30–4:00 _{PM}
Pilates/ Stretching w/Julie	3:45–4:45 _{PM}						