



# Pacific Swim Summer Schedule

Effective June 14, 2010 through August 21, 2010

<b>Beginner Novice</b>						
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
10:00 - 10:30am	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos
4:00 - 4:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		
9:30 - 10:00am	Frog's	Frog's	Frog's	Frog's		
5:00 - 5:30pm	Frog's	Frog's	Frog's	Frog's		
10:00 - 10:30am	Doubletree	Doubletree	Doubletree	Doubletree	Doubletree	
4:00 - 4:30pm	Doubletree	Doubletree	Doubletree	Doubletree		
8:30 - 9:30am	Westview	Westview	Westview	Westview		
5:00 - 6:00pm	Westview	Westview	Westview	Westview		
10:00 - 10:30am	4S Ranch	4S Ranch	4S Ranch	4S Ranch		
4:00 - 4:30pm	4S Ranch	4S Ranch	4S Ranch	4S Ranch		

<b>Advanced Novice</b>						
<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
9:00 - 10:00am	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos	Arbolitos
4:30 - 5:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		
9:30 - 10:30am	Frog's	Frog's	Frog's	Frog's		
5:30 - 6:30pm	Frog's	Frog's	Frog's	Frog's		
9:00 - 10:00am	Doubletree	Doubletree	Doubletree	Doubletree	Doubletree	
4:30 - 5:30pm	Doubletree	Doubletree	Doubletree	Doubletree		
8:30 - 9:30am	Westview	Westview	Westview	Westview		
5:00 - 6:00pm	Westview	Westview	Westview	Westview		
9:00 - 10:00am	4S Ranch	4S Ranch	4S Ranch	4S Ranch		
4:30 - 5:30pm	4S Ranch	4S Ranch	4S Ranch	4S Ranch		



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<b>Blue Group - Age Group Competitive (Coach Owen)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00am		Poway	4S Ranch		Poway	
8:00 - 10:00am						4S Ranch
3:00 - 5:00pm				Frog's		
4:00 - 6:00pm	Poway					

<b>Red Group - Age Group Competitive (Coach Christy)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:30pm	Arbolitos	Arbolitos	Arbolitos	Arbolitos		
4:00 - 5:30pm					Frog's	

<b>Green Group - Age Group Competitive (Coach Grace)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00am	Poway		Poway	4S Ranch	4S Ranch	
8:00 - 10:00am						Poway
5:00 - 7:00pm		Poway				

<b>White Group - Entry Level Competitive/HS Water Polo Conditioning (Coach Mike)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 7:00pm	Doubletree	Doubletree	Doubletree	Doubletree		

<b>Silver Group - Pre-Senior Group Competitive (Coach Alex)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 10:00am						Poway
7:00 - 9:00am		Poway		Poway	Arbolitos	
5:30 - 7:30pm	Poway		Poway			

<b>Gold Group - Senior Group (Coach Dan)</b>						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 7:00am		Poway		Poway		
7:00 - 10:00am	Poway		Poway		Poway	
8:00 - 11:00am						Poway
3:00 - 5:00pm		Poway		Poway		