

Nutmeg Aquatics Short Course 2010 – 2011 Practice Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	OFF	5:15-6:15 PM	OFF	6:15-7:15 PM	OFF	9-10 AM
SILVER	6:15-7:15 PM	6:15-7:15 PM	6:15-7:15 PM	OFF	6:30-7:30 PM	
GOLD	5:30-6:15 (DL) 6:15-7:15 PM	5:30-6:15 (DL) 6:15-7:15 PM	6:15-7:15 PM	5:30-6:15 (DL) 6:15-7:15 PM	6:30-7:30 PM	
SR II	6:15-7:15 (DL) 7:15-8:45 PM	6:15-7:15 (DL) 7:15-8:45 PM	7:15-8:45 PM	6:15-7:15 (DL) 7:15-8:45 PM	5:30-7:00 AM 5:00-6:30 PM	
SR I	6:15-7:15 (DL) 7:15-8:45 PM	6:15-7:15 (DL) 7:15-8:45 PM	7:15-8:45 PM	6:15-7:15 (DL) 7:15-8:45 PM	5:30-7:00 AM 5:00-6:30 PM	

Start Date: September 7th

No Practice: November 24th – 27th

No Practice: December 23rd – January 1st

Last Day of Practice: March 4th

Long Course Season Begins: March 21st