

RAC 2009-2010 SHORT COURSE PRACTICE SCHEDULE

Swim Times

GROUP	MON.	TUE.	WED.	THUR.	FRI.	SAT.
SQUID		5:30-6:30 pm		5:30-6:30 pm		
RED	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm	5:30-6:30 pm		
WHITE	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	6:00-7:30 pm	5:30-7:30 pm	
BLUE	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	5:30-7:30 pm	
JUNIOR	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	5:30-7:30 pm	8:15 am -10:30 am
MARLIN	5:45-7:00 am 4:00-6:00 pm	4:00-6:00 pm	5:45-7:00 am 4:00-6:00 pm	4:00-6:00 pm	5:45-7:00 am 4:00-6:00 pm	8:15 am -10:30 am
SENIOR	5:45-7:00 am 4:00-6:00 pm	4:00-6:00 pm	5:45-7:00 am 4:00-6:00 pm	4:00-6:00 pm	5:45-7:00 am 4:00-6:00 pm	8:15 am -10:30 am
NATIONAL	5:45-7:00 am 4:00-6:00 pm	4:00-6:00 pm	5:45-7:00 am 4:00-6:00 pm	4:00-6:00 pm	5:45-7:00 am 4:00-6:00 pm	8:15 am -10:30 am

Recommended Practice Attendance /Week

RED GROUP: 2-3 times/week
 WHITE GROUP: 3-4 times/week
 BLUE GROUP: 4-5 times/week
 * if your child likes coming to practice everyday,
 and is not losing interest, please continue to attend
 everyday.

Expected Practice Attendance /Week

JUNIOR GROUP: 5 times/week
 MARLIN GROUP: 5-7 times/week
 SENIOR GROUP: 6-8 times/week
 NATIONAL GROUP: 8-9 times/week

Dryland/Weight Training

Dryland training will be offered to swimmers in Blue, Junior, Marlin, Senior, and National groups. All swimmers in these groups are highly encouraged to be at the dryland practice. Dryland training assists in strength and conditioning for the swimmer. It also helps in injury prevention and muscle balance, both of which are very important for swimmers at all levels. Weight training will be offered to those swimmers who are 15 and older.

GROUP	MON.	TUE.	WED.	THUR.	FRI.
WHITE (optional)	6:00-6:30 pm		6:00-6:30 pm		
BLUE (optional)	6:00-6:30 pm		6:00-6:30 pm		
JUNIOR	6:00-6:30 pm		6:00-6:30 pm		
MARLIN	6:00-6:30 pm		6:00-6:30 pm		6:00-6:30 pm
SENIOR	6:00-6:30 pm	6:00-6:30 pm	6:00-6:30 pm	6:00-6:30 pm	6:00-6:30 pm
NATIONAL	6:00-6:30 pm	6:00-6:30 pm	6:00-6:30 pm	6:00-6:30 pm	6:00-6:30 pm