



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TWIN CITIES SWIM TEAM

### PRACTICE SCHEDULE 2011-2012

Auburn-Lewiston YMCA Pool

#### October 11 – October 28<sup>th</sup>

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
A practice	3:30 – 4:15	3:30 – 4:15	OFF	3:30 – 4:15	3:30 – 4:15
B practice	4:15 – 5:00	4:15 – 5:00	*guarded lap swim 3:00 – 4:15 practice: 4:15 – 5:00	4:15 – 5:15	4:15 – 5:15
C practice	5:00 – 6:00	5:00 – 6:00	*guarded lap swim 3:00 – 4:15 practice: 5:00 – 6:00	5:15 – 6:30	5:15 – 6:30

\*No “instruction” for guarded lap swim, but kids are free to swim and get in some extra yardage from 3:00-4:15 on Wednesdays.



#### After October 28<sup>th</sup>

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
A practice	4:00 -4:45	4:00 -4:45	OFF	4:00 -4:45	4:00 -4:45
B practice	4:45-5:30	4:45-5:30	4:00 – 5:00	4:45-5:30	4:45-5:30
C practice	5:30-6:30	5:30-6:30	5:00-6:30	5:30-6:30	5:30-6:30
D practice	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00	5:30-6:30

**Auburn-Lewiston YMCA Mission:** The Auburn-Lewiston YMCA is a character-building organization dedicated to strengthening Christian principles of Caring, Honesty, Respect and Responsibility through programs that will build a healthy spirit, mind and body for all.

**Financial Assistance** is available for qualifying individuals and families. The YMCA is a non-profit 501c(3) charitable organization.

[www.alyymca.org](http://www.alyymca.org)

Note: Edited on 10-11-11. Any changes will be posted.