

2009 ICE Long Course - Practice Schedule - PART 2 (June 29th to July 25th)

EELS City Park Pool - M to F 5:45 to 8:15AM

Mercer Park Pool – M,W,F 4 to 6PM (Dryland included) and most Sat. from 8 to 10:30AM

MORAYS City Park Pool – M,W,F 5:45 to 8:15AM

Mercer Park Pool – TU / TH 6 to 8:15AM 4 to 6 PM (Dryland included – must attend at least 4 AM workouts to be eligible for dryland workouts). Most Sat. from 8 to 10:30AM

WAVES Mercer Park Pool – M,W,F 5 to 7PM (Dryland included) TU/TH 4 to 6PM

Most Sat. 8 to 9:30AM

City Park Pool (water temp. and weather permitting) – TU/TH 7 to 8:30AM

CUBES Mercer Park Pool – M,W,F 3:45 to 5PM TU/TH 5:45 to 7PM

Most Sat. 9:15 to 10:30AM

City Park Pool (water temp. and weather permitting) – TU/TH 7 to 8:15AM

FROST Mercer Park Pool – M,W,F 4 to 5 PM TU/TH 5:45 to 6:45PM

Most Sat. 9:15 to 10:15AM

MASTERS Mercer Park Pool – M,W,F 6 to 7:15AM

City Park Pool: TU/TH 5:45 to 7AM (weather permitting)