

ICE SPRING 2010 PRACTICE SCHEDULE – APRIL 1st TO MID-JUNE

SENIOR – all workouts at MERCER

6 to 7PM – Dryland / 7 to 8:30PM Swim (M,W,F) 6 to 7:15AM Swim (M,TU,TH,F)

5 to 7:30 PM Swim (Specialty - TU,TH) 8 to 10:30AM Swim (Saturday)

MORAYS (Pre-Senior Group)- all workouts at MERCER

6 to 7PM – Dryland / 7 to 8:30PM Swim (M,W,F) 5 to 7:30PM Swim (Specialty- TU, TH)

8 to 10:30AM Swim (Saturday)

WAVES (Competitive / Age-Group 3)

5:15 to 7PM Swim (M,F) @ MPAC

6:45 to 8:45 Dryland & Swim (TU,TH) @ MPAC 6:15 to 7:30PM (W) @ CREC

CUBES (Intermediate / Age-Group 2)

6:15 to 7:30 PM (M,TH) @ CREC Tuesday =7:15 to 8:30PM @ MPAC or 6:15 to 7:30PM @NLREC

5:30 to 6:45PM (W,F) @ MPAC 9:15 to 10:30AM (Saturday) @ MPAC

FROST (Novice / Age-Group 1)

5:30 to 6:30PM (M,W) @ MPAC

Thursday= 7:15 to 8:15PM @ MPAC or 6:15 to 7:15 PM @ NLREC

6:15 to 7:15PM (TU,F) @ CREC 9:15 to 10:15AM (Saturday) @ MPAC

MASTERS (USMS affiliated group) 18 & Older ONLY

6 to 7:15 AM (M,TU,TH,F) – All workouts at Mercer Park

There will be some cancellations & site changes for a few groups the week of April 5th to 9th, due to the last week of Stroke Clinic overlapping with the start of workouts.

Cancellations: April 5th - NO FROST & April 7th - NO WAVES.

Site changes: April 6th - FROST at North Liberty only / April 8th CUBES at North Liberty only