



StingRay Swim Club

2010-2011 Aquatic Programs

Updated: 9/4/2010

Age Group Program @ Mariner HS (Mostly 12 & Under Swimmers)

	<u>Lanes</u>	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
AG1	1-3	Paul	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM			Mariner
AG2	1-3	Paul	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	6:30-8:00 PM	5:30-7:00 PM		Mariner
Pre-Comp (8 & Unders 2 x week)	tank	Kati	5:30-6:15 PM		5:30-6:15 PM				Mariner
Class 2 A (8 & Unders 3 x week)	4-5	Kati		5:30-6:15 PM		5:30-6:15 PM	5:30-6:15 PM		Mariner
Class 1 (9 & Over 2 x week)	tank	Kati		6:15-7:00 PM		6:15-7:00 PM			Mariner
Class 2 B (9 & Over 3 x week)	4-5	Kati	6:30-7:15 PM		6:30-7:15 PM		6:30-7:15 PM		Mariner
Class 3 A (5 x week)	4-6	Kati	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM		Mariner

13 & Over Program @ Explorer Middle School

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
AG3	Ben	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM	5:30-7:30 PM		Explorer
Senior	Ben	3:30-7:15 PM	3:30-7:15 PM	3:30-7:15 PM	3:30-7:15 PM	3:30-7:15 PM		Explorer
AG3 & Senior AM Workouts	Ben		5:30-6:30 AM		5:30-6:30 AM		5:30-7:30 AM	Lake Stevens

Swimming Lessons @ Mariner HS (Ages 3 & Older)

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
Swim Lessons	6 Lynn	5:40-6:10 PM	5:40-6:10 PM	5:40-6:10 PM	5:40-6:10 PM			Mariner
Swim Lessons	6 Lynn	6:10-6:40 PM	6:10-6:40 PM	6:10-6:40 PM	6:10-6:40 PM			Mariner
Swim Lessons	Ben	7:30-8:00 PM	7:30-8:00 PM	7:30-8:00 PM	7:30-8:00 PM			Explorer

Masters/Lap Swim @ Explorer Middle School

	<u>Coach</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Pool</u>
Masters/Lap Swim	Ben	7:30-8:15 PM	7:30-8:15 PM	7:30-8:15 PM	7:30-8:15 PM			Explorer