



SSC 2009 Spring Training Schedule

Mar. 30th - May 29th

Mariner HS-

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AG3	7:30-9:00 PM	5:30-7:00 PM	7:30-9:00 PM	5:30-7:00 PM	5:30-7:00 PM	
AG3 Dryland	7:00-7:30 PM	7:00-7:30 PM	7:00-7:30 PM	7:00-7:30 PM	7:00-7:30 PM	
Senior	5:30-7:30 PM	7:00-9:00 PM	5:30-7:30 PM	7:00-9:00 PM	7:00-9:00 PM	
Lake Stevens AM		5:30-6:30 AM		5:30-6:30 AM		5:30-7:30 PM
Optional Dryland	7:30-8:00 PM		7:30-8:00 PM			
Senior Weights		5:45-6:45 PM		5:45-6:45 PM	5:45-6:45 PM	

Explorer Pool-

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AG1	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM		
AG2	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	
DEVELOPMENT	6:00-7:00 PM		6:00-7:00 PM		6:00-7:00 PM	