

StingRay Swim Club



2009-2010 Programs

(Sept. – March 26th)

Revised: 03-10-2010

	<u>Monday</u>	<u>Tuesday</u>	<u>Wed.</u>	<u>Thur.</u>	<u>Friday</u>	<u>Sat.</u>	<u>Sun.</u>	<u>Location</u>
Navy Class 1	OFF	5:00-5:45	OFF	5:00-5:45	OFF	OFF	OFF	Navy Base
Navy Class 2	OFF	5:45-6:30	OFF	5:45-6:30	OFF	OFF	OFF	
StingRay Class 1 "A"	5:15-6:00	OFF	5:15-6:00	OFF	OFF	OFF	OFF	Mariner
StingRay Class 1 "B"	OFF	6:00-6:45	OFF	6:00-6:45	OFF	OFF	OFF	Mariner
StingRay Class 2 "A"	6:00-6:45	OFF	6:00-6:45	OFF	6:00-6:45	OFF	OFF	Mariner
StingRay Class 2 "B"	7:30-8:15	OFF	7:30-8:15	OFF	7:30-8:15	OFF	OFF	Explorer
Age Group 1	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	OFF	OFF	OFF	Mariner
Age Group 2	5:15-6:45	5:15-6:45	5:15-6:45	5:15-6:45	5:15-6:45	OFF	OFF	Mariner
Age Group 3	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	5:30-7:30	OFF	OFF	Explorer
Seniors	3:30-7:15	3:30-7:15	3:30-7:15	3:30-7:15	3:30-7:15	5:30-7:30	OFF	Explorer

Each coach below has a color. The color corresponds to the group they coach above.

Rikka	Paul	Bruce	Lynn	Martha	Loren	Ben/Rikka	Ben
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Program Notes:

Seniors

- 1) AM workouts are Tuesday, Thursday 5:30- 6:30 and Sat. 5:30-7:30 at Lake Stevens HS.
- 2) Weights/dryland is every day after the weekday water sessions going 6:15-7:15.
- 3) Parents please be prompt to pick up your swimmers at the end of practice.
- 4) Equipment is Zoomer fins, front snorkel, paddles, water bottle, 3-ring binder.

Age Group 3

- 1) 5:30 to 6:00 will be the dry land time for AG3.
- 2) Equipment required: Finis front snorkel, red Zoomers, and water bottle.
- 3) Parents, please be there to pick up your swimmers promptly as they need to get home in a timely manner after practice.