

RIDGEWOOD YMCA SWIM TEAM SCHEDULE
14 SEPTEMBER 2009 – 23 DECEMBER 2009

| | | | |
|----------------------|-----------|--------------|--------------|
| 8&Under | Wednesday | YG | 5:00-6:00 PM |
| | Friday | YG | 6:30-7:30 PM |
| | Sunday | YH | 3:00-4:00 PM |
| Age Group II | Tuesday | BCC* | 5:30-7:00 PM |
| | Thursday | GBC | 5:30-7:00 PM |
| | Friday | BCC | 6:05-7:35 PM |
| Age Group I** | Sunday | YH | 1:00-3:00 PM |
| | Monday | GBC | 6:00-8:00 PM |
| | Tuesday | GBC | 5:30-7:30 PM |
| Junior** | Wednesday | YG | 6:00-7:45 PM |
| | Friday | BCC | 6:05-8:05 PM |
| | Sunday | YG | 6:30-8:30 PM |
| | Tuesday | GBC | 5:30-7:30 PM |
| | Wednesday | GBC | 5:30-7:30 PM |
| | Thursday | GBC | 5:30-7:30 PM |
| Senior | Friday | YG | 4:30-6:30 PM |
| | Sunday | YH | 6:30-8:30 PM |
| | Monday | YG*** | 5:30-6:30 AM |
| | | YG | 4:30-7:45 PM |
| | Tuesday | YH | 4:15-7:30 PM |
| | Wednesday | YG*** | 5:30-6:30 AM |
| | | BCC | 5:15-7:45 PM |
| | Thursday | YG | 4:15-7:30 PM |
| | Friday | YG*** | 5:30-6:30 AM |
| | GBC | 4:30-6:30 PM | |
| | Saturday | YG | 6:00-9:30 AM |

*Tuesday practice for Age Group II will switch to 5-6:30 PM at the YMCA on Tuesday 5 January 2010.

** Dryland will be added to the Age Group I and Junior practice schedules

***Morning practice for Senior will start on Monday 5 October