

**RIDGEWOOD YMCA SWIM TEAM**  
**SUMMER PRACTICE SCHEDULE – 2010**  
**23 JUNE 2010 – 10 AUGUST 2010\***

**Senior**

Monday-Saturday	5:45 – 8:00 AM	Paramus Municipal Pool
Monday-Wed-Fri	3:45 – 6:00 PM	Ridgewood YMCA

**Junior\*\***

Monday-Saturday	5:45 – 8:00 AM	Paramus Municipal Pool
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**Age Group I**

Monday –Thursday	6:30-8:30 AM	Paramus Municipal Pool
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**Age Group II**

Monday-Thursday	6:30-8:30 AM	Paramus Municipal Pool
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**8&Under**

Tuesday & Thursday	7:30-8:30 AM	Paramus Municipal Pool
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\*Swimmers are to begin their summer vacation after their final meet of the season.

\*\*Selected swimmers will be given the opportunity to attend afternoon practice with the Senior group.