

Ridgewood YMCA Breakers
Practice Schedule – Revised 28 April 2010
Long Course Season April-August 2010

This practice schedule will start on Monday 19 April 2010 and continue to the end of school. The practice schedule for the first two weeks of the season is listed on a separate page.

Senior

Monday	5:30-6:30 AM	Habernickel
	5:15-7:45 PM	Grannon
Tuesday	4:15-6:30 PM	Habernickel
Wednesday	5:30-6:30 AM	Habernickel
	5:15-7:45 PM	BCC
Thursday	4:15-6:30 PM	Grannon
Friday	5:30-6:30 AM	Habernickel
	4:30-6:30 PM	Garfield
Saturday	6:00-8:00 AM	Habernickel

Junior

Monday	6:00-8:00 PM	Garfield
Wednesday	5:30-7:30 PM	Garfield
Thursday	5:30-7:30 PM	Garfield
Friday	6:05-8:05 PM	BCC
Sunday	6:30-8:30 PM	Habernickel

Age Group I

Monday	6:00-8:00 PM	Garfield
Tuesday	5:30-7:30 PM	Garfield
Wednesday	6:00-7:45 PM	Grannon
Friday	6:05-8:05 PM	BCC
Sunday	6:30-8:30 PM	Grannon

Age Group II

Tuesday	5:30-7:00 PM	Garfield
Wednesday	5:30-7:00 PM	BCC
Thursday	5:30-7:00 PM	Garfield
Friday	5:00-6:30 PM	Grannon
Sunday	1:00-3:00 PM	Habernickel

8 & Under

Wednesday	5:00-6:00 PM	Grannon
Friday	6:30-7:30 PM	Grannon
Sunday	3:00-4:00 PM	Habernickel

Special Notes

- Senior will have dryland and weight practices scheduled in addition to the water practices listed above.
- Morning practice for the Senior group will start on Monday 3 May.
- During the summer, practices will be in the early morning.