

**McAllen Swim Club
Short Course Practice Schedule
2009 – 2010
Nikki Rowe High School Pool**

Monday - Friday

White Team

5:15 pm stretching

5:30 – 6:15 pm practice

Red Team

6:00 pm stretching

6:15 – 7:00 pm practice

Green and Black Teams

5:15 pm start stretching

5:30 – 7:00 pm practice

Fridays - practice ends at 6:45pm

Bronze and Senior Teams

5:15 pm stretching

5:30 - 7:30 pm practice

Fridays - practice ends at 6:45pm