

**SUMMER PRACTICE SCHEDULE**  
**McALLEN SWIM CLUB**  
**June 4<sup>th</sup> – July 31<sup>st</sup>, 2009**

**Senior & Bronze Groups**

**6:00 am- 8:30 am**      **M, TU, TH, F**      **Municipal**  
(GATE LOCKS at 6:00am)      **Wed.**      **Rowe Pool**  
If you are not there by 5:55am you're late.

Dryland = if in Bronze group must have coach's permission to attend.

**Dryland 2:00-3:00pm**      **TU, W, TH**      **Rowe Pool**  
**3:00 pm- 5:00 pm**      **TU, W, TH**      **Rowe Pool**

**Green & Black Groups**

**7:00 am- 8:30 am**      **M & F**      **Municipal**  
(GATE LOCKS at 7:00am)      **TU, Wed. & TH**      **Rowe Pool**  
If you are not there by 6:55am you're late.

**3:00 pm- 5:00 pm**      **TU & TH**      **Rowe Pool**  
Dryland from 3:00 – 3:30pm

**White & Red Groups**

**7:00 am- 8:00 am**      **M & F**      **Municipal**  
(GATE LOCKS at 7:00am)      **TU, W & TH**      **Rowe Pool**  
If you are not there by 6:55am you're late.

**3:30 pm- 5:00 pm**      **TU & TH**      **Rowe Pool**  
Dryland from 3:30 – 4:00pm