

**McAllen Swim Club
Short Course Practice Schedule
2010 – 2011
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

Filename: Practice Schedule Short Course 2010-2011.docx
Directory: G:\Documents\Clients\McAllen Swim Club - Website\new site\site
Template: C:\Documents and Settings\bsaum\Application
Data\Microsoft\Templates\normal.dotm
Title: McAllen Swim Club
Subject:
Author: Roseann B Garza
Keywords:
Comments:
Creation Date: 9/1/2009 7:57:00 AM
Change Number: 3
Last Saved On: 8/20/2010 9:27:00 AM
Last Saved By: Roseann B Garza
Total Editing Time: 3 Minutes
Last Printed On: 8/20/2010 11:05:00 AM
As of Last Complete Printing
Number of Pages: 1
Number of Words: 64 (approx.)
Number of Characters: 367 (approx.)