



2009-2010 TRAINING SCHEDULE

COMMUNITY REC CENTER (PM)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Masters	X	X	X	X	X	X	\$ 50.00
OW	X	X	X	X	X	X	\$ 35.00
Bronze 2 Squad	X	X	3:30P - 4:15P	X	3:30P - 4:15P	X	\$ 40.00
Bronze 1 Squad	X	X	4:30P - 5:30P	X	4:30P - 5:30P	X	\$ 45.00
Silver Squad	X	X	4:00P - 5:30P	4:00P - 5:30P	4:00P - 5:30P	X	\$ 50.00
Gold Squad	X	4:00P - 5:30P	4:00P - 5:30P	X	4:00P - 5:30P	X	\$ 55.00
Junior Squad	4:00P - 5:30P	4:00P - 5:30P	X	4:00P - 5:30P	X	X	\$ 70.00
Senior Squad	4:00P - 5:30P	4:00P - 5:30P	X	4:00P - 5:30P	X	X	\$ 90.00

COMMUNITY REC. CENTER (AM)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GOLD	X	X	X	6:00A - 7:00A	X	X
Junior Squad	X	X	X	X	X	6:00A - 9:00A
Senior Squad	4:45A - 7:00A	X	4:45A - 7:00A	X	X	6:00A - 9:00A

FITNESS INC. (PM)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Olympic Way	X	4:00P - 5:00P	X	4:00P - 5:00P	X	X

