

Blue Ash YMCA Swim Team Schedule for Winter 2007. Schedule is subject to change.						
Starting	Monday, Oct 29					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Junior Team	4:30-5:30 pm Main	6:30 - 7:30 pm Main	4:30-5:30 pm Main	6:30 - 7:30 pm Main	Off	Off
Blue Group	4:30-5:30 pm Main	6:30 - 7:30 pm Main	4:30-5:30 pm Main	6:30-7:30 pm Main	5:00-6:00 pm Main	Off
Dolphin Group	4:30-5:30 pm Ferris	6:30 - 7:30 pm Ferris	OFF	6:30 - 7:30 pm Ferris	6:00 - 7:30 pm Ferris	930-1100 am Ferris
Advance Age Group	6:00 - 8:00 pm Ferris	OFF	6:00 - 8:00 pm Ferris	7:20 - 8:45 PM Main Pool	6:00 - 7:30 pm Ferris	930-1100 am Ferris
Senior Group	6:30 - 8:45 PM Ferris Pool	3:45 - 5:30 pm Ferris	6:30 - 8:45 PM Ferris Pool	3:45 - 5:30 pm Ferris	3:45 - 5:45 pm Ferris	TBA weekly
Senior Dryland/Wts	6:30 - 7:00 PM	5:30 - 6:15 pm FC	6:30 - 7:00 PM	5:30 - 6:15 pm FC	3:45 - 4:15 pm Ferris	9:30 am Fitness Center
Elite	Before School	Before School	Before School	Before School	Before School	
Elite	3:00 - 5:30 pm Ferris	3:00 - 5:30 pm Ferris	3:00 - 5:30 pm Ferris	3:00 - 5:30 pm Ferris	3:00 - 5:30 pm Ferris	TBA weekly
Elite Dryland/Wts	5:30 - 6:00 pm Ferris	5:00 - 6:00 pm FC	5:30 - 6:00 pm Ferris	5:00 - 6:00 pm FC		930-1030 am Fitness C
Practices recommended each week:						
Junior and Blue Group - 2 times per week			Advance Age Group - 4 or 5 times per week			
Dolphin Group - 3 times per week		Senior Group - at least 5 times per week				
				Elite Group - All practices are required.		
Pre-Competitive Group						
			4:30-5:15 PM Main		5:00 - 5:45 PM Main	
Sept 26-Dec 7						