

**Nashville Aquatic Club
Senior Practice Schedule
Summer 2009**

<p>MONDAY AM SENIOR 2 (7-9:30AM) SWIM ONLY SENIOR 1 (9-11:30AM) WEIGHTS AND SWIM</p>	<p>TUESDAY AM SENIOR 2 AND SENIOR 1 COMBINED SWIM (7-9:30AM)</p>	<p>WEDNESDAY AM SENIOR 2 (7-9:30AM) SWIM ONLY SENIOR 1 (9-11:30AM) WEIGHTS AND SWIM</p>	<p>THURSDAY AM SENIOR 2 AND SENIOR 1 COMBINED SWIM (7-9:30AM)</p>	<p>FRIDAY AM SENIOR 2 AND SENIOR 1 COMBINED SWIM (7-9:30AM)</p>	<p>SATURDAY AM SENIOR 2 AND SENIOR 1 COMBINED SWIM (7-9:30AM)</p>	<p>SUNDAY AM OFF</p>
<p>MONDAY PM SENIOR 2 (3:30-6PM) WEIGHTS AND SWIM SENIOR 1 (3:30-6PM) DRYLAND AND SWIM</p>	<p>TUESDAY PM SENIOR 2 (4-6:30PM) SWIM ONLY SENIOR 1 OFF OR MAKEUP</p>	<p>WEDNESDAY PM OFF</p>	<p>THURSDAY PM SENIOR 2 (3:30-6PM) WEIGHTS AND SWIM SENIOR 1 (3:30-6PM) DRYLAND AND SWIM</p>	<p>FRIDAY PM SENIOR 2 (4-6:30PM) SWIM ONLY SENIOR 1 OFF OR MAKEUP</p>	<p>SATURDAY PM OFF</p>	<p>SUNDAY PM OFF</p>