

**Fall 2016 Schedule
NTN/Stroke Team**

**Starts on
Monday, August 29th
(updated 9.14.16)**

Group		Time	Activity	Days
Pre-Team 1 (Teachers)	10 & Unders	4 to 4:45	Swim	M-T-W-TH
Pre-Team 2 (Teachers)	11 and Overs	4 to 4:45	Swim	M-T-W-TH
<u>Red</u>				
Red 1 Tracey	10 & Unders	4:45 to 5:30 pm 9 to 10 am	Swim Swim	M-W-F Sat
Red 2 Claire Audrey on Tuesday	11 & Overs	4:45 to 5:30 pm 9 to 10 am	Swim Swim	T-TH-F Sat
White 3 Tracey	10 & Unders	5:30 to 6:00 pm 6:00 to 7:00 pm 10 to 11:15 am	Dryland Swim Dry/Swim	M & W & F M & W & F Sat
White 2 Shelley	10 & Unders	5:30 to 6:00 pm 6:00 to 7:15 pm 10 to 11:15 am	Dryland Swim Dry/Swim	T & TH & F T & TH & F Sat
White 1 Amanda	10 & Unders	5:30 to 6:00 pm 6:00 to 7:30 pm 10 to 11:30 am	Dryland Swim Dry/Swim	M-T-W-TH-F M-T-W-TH-F Sat
Blue 3 Claire	11-12s	6:00 to 7:30 pm 5:30 to 6:00 pm 10 to 11:45 am	Swim Dryland Swim	M-W-F M-W-F Sat
Blue 2 Claire	11-12s	6:00 to 7:30 pm 5:30 to 6:00 pm 10 to 11:45 am	Swim Dryland Swim	T-TH-F T-TH-F Sat
Blue 1 Audrey	11-12s	6:00 to 7:45 pm 5:30 to 6:00 pm 5:30 to 7:00 pm 8:15 to 10 am	Swim Dryland Swim Swim	M through TH M-T-W-TH F Sat
Platinum 2 Kevin M-T-TH-F Amanda on M-W Tracey on T-TH Dan on W	13 -14s	4:15 to 6 pm 6:00 to 6:30 pm 5 to 6:30 pm 8 to 10 am	Swim Dryland Swim Swim	M-T-W-TH M-T-TH F Sat
Platinum 1 Bobby	13 -14s	4:15 to 6 pm 6:00 to 6:30 pm 8 to 10 am	Swim Dryland Swim	M through F M-T-W-TH Sat
Senior 2 Bill/Dan	15 & Overs	6:00 to 7:30 am 8 to 10 am	Swim Swim	M-T-TH-F Sat
National/ Senior Bill/Dan	15 & Overs	4:00 to 6:00 pm 6 to 7:30 am 8 to 10 am	Swim/Dry Swim Swim	M through F M-T-TH-F Sat