

IDAHO FALLS SWIM TEAM, INC.

April 5-May 1, 2010

<u>GROUP</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Piranha Power Senior</u> (recommended minimum of 6 practices)	5:30-7:30 a.m. 4:15-6 p.m.	5:30-7:30 a.m. 4:30-6 p.m.	5:30-7:30 a.m. 4:30-6 p.m.	4-6 p.m.	5:30-7:30 a.m. 4:30-6 p.m.	Practices on Saturdays through the month of April will be posted each week. Please look for a notice with this information.
<u>Piranha Power Age Group</u> (recommended minimum of 5 practices for 11-12 yr. old & 4 practices for 9-10 yr. old)	5:30-7:30 a.m.	4:15-6 p.m.	5:30-7:30 a.m. 3:30-4:30 p.m. (9-10 yr. old) 4:30-6 p.m. (11-12 yr. old)	5:30-7:30 a.m. 3:30-5 p.m.	3:30-4:30 p.m. (9-10 yr. old) 4:30-6 p.m. (11-12 yr. old)	
<u>Senior</u>	4:30-6:30 p.m.	OFF	4:30-6 p.m.	5-6:30 p.m.	4:30-6 p.m.	
<u>Age Group 1</u>	3:30-5 p.m.	3:30-5 p.m.	3:30-4:30 p.m. (9-10 yr. old) 4:30-6 p.m. (11-12 yr. old)	OFF	3:30-4:30 p.m. (9-10 yr. old) 4:30-6 p.m. (11-12 yr. old)	
<u>Age Group 2</u>	3:30-4:45 p.m.	3:30-4:45 p.m.		OFF		
<u>Age Group 3</u>	OFF	3:30-4:30 p.m.		3:30-4:30 p.m.		
<u>Jr. Piranha 1</u>	3:30-4:30 p.m.	3:30-4:30 p.m.	3:30-4:30 p.m.	OFF	3:30-4:30 p.m.	
<u>Jr. Piranha 2A</u>	3:30-4:15 p.m.	OFF	3:30-4:30 p.m.	4:15-5 p.m.	3:30-4:30 p.m.	
<u>Jr. Piranha 2B</u>	OFF	3:30-4:15 p.m.	3:30-4:30 p.m.	3:30-4:15 p.m.	3:30-4:30 p.m.	
<u>Jr. Piranha 3A</u>	8:15-9 a.m.	OFF	8:15-9 a.m.	OFF	8:15-9 a.m.	
<u>Jr. Piranha 3B</u>	OFF	3:30-4:15 p.m.	3:30-4:15 p.m.	3:30-4:15 p.m.	OFF	
<u>USMS MASTERS</u>	6:30-8 p.m.		5:30-7:30 a.m.	11:30-1 p.m.	5:30-7:30 a.m.	
<u>DRY LAND SCHEDULE</u> Please wear more than a swim suit for dry land. Shoes are recommended.	SR – 4-4:25 p.m. JP2A-4:15-4:35 JP1-4:30-4:50 p.m. AG2-4:45-5:05 p.m. AG1-5-5:20 p.m.	PSR – 4-4:25 p.m. JP2B-4:15-4:30 p.m. JP1/AG3-4:30-4:50 p.m. AG2- 4:45-5:05 p.m. AG1-5-5:20 p.m.	10 & under-4:30-4:50 p.m. 11 & older-4-4:25 p.m.	PAG – 5-5:25 p.m. SR – 4:30-4:55 p.m. JP2A-3:50-4:10 p.m. JP2B-4:15-4:30 p.m. AG3-4:30-4:50 p.m.	10 & under-4:30-4:50 p.m. 11 & older-4-4:25 p.m.	

* Times listed are WATER TIME. It is recommended that swimmers arrive at least 10 minutes prior to their water time to: get dressed; do dry land activities; fill water bottles; gather equipment; and read the workout, all in preparation for practice.

* If your swimmer will be turning 9 before August 1, 2010, they should begin this schedule in Age Group 3. If your swimmer will be turning 13 before August 1, 2010, they should begin this schedule in the Senior group. If you have any questions or concerns please do not hesitate to talk to Coach Denise regarding this group change.

* Please check the website for updates or changes to practice times, no swim days, and other team events.

* As the weather gets nicer we will be going outside for dry land activities. **PLEASE WEAR APPROPRIATE CLOTHING!** You will **NOT** be allowed outside without shoes and at least shorts.

Head Coach, Denise Thompson
Email: denthom1958@msn.com

Office Phone: 523-2949
Website: idahofallsswimteam.com

Cell Phone: 520-4805
Piranha Office email: ifst@qwestoffice.net