

**2007-2008 FALL/WINTER SHORT COURSE WORKOUT
SCHEDULE
(effective Monday, September 24, 2007)**

<u>Group</u>	<u>Time/Days</u>
Junior Bell	3:45 to 4:30 pm (Mon-Fri) 4:45 to 5:30 pm (Mon-Fri)
White Bell	4:00 to 5:00 pm (Mon-Fri) 5:30 to 6:30 pm (Mon-Fri)
Yellow Bell	5:30 to 7:00 pm (Mon-Fri) 9:00 to 10:30 am (Sat)
Blue Bell *Dryland	5:00 to 7:00 pm (Mon-Fri) *4:40 to 5:00 pm (Mon-Wed-Fri) 7:00 to 9:00 am (Sat)
Pre-National *Dryland	5:30 to 6:45 am (Mon-Fri) 3:30 to 5:30 pm (Mon-Thur) 3:30 to 5:00 pm (Fri) *5:30 to 6:00 pm (Mon & Wed) *5:00 to 5:30 pm (Fri) 6:30 to 9:00 am (Sat)
National *Dryland	5:15 to 6:45 am (Mon-Wed-Fri) 5:30 to 6:45 am (Tues-Thur) 3:30 to 5:30 pm (Mon-Fri) *5:30 to 6:00 pm (Mon-Thur) *9:00 to 9:30 am (Sat) 6:30 to 9:00 am (Sat)
Masters	5:00 to 8:00 am (lap swimming-Mon-Fri) 6:00 to 7:30 am (coached-Mon-Fri) 6:30 to 8:00 pm (Mon-Fri) 9:00 to 10:30 am (Sat & Sun)

*Morning Workouts for Pre-National and National groups will start Monday, September 17--- 5:30 to 6:45 am for both groups.

Swimmer Evaluations: Mon-Fri 3:15 to 4:00 pm and 7:00 to 7:30 pm

Changes to workout schedule will be announced, posted around the pool, and on our web site at www.santaclaraswimclub.org.