

# SeaLion Practice Schedule

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**Effective August 30, 2011**

This schedule is subject to change - you will be notified via [Twitter](#) and Google calendar

Lion				
	AM		PM	
Monday	6:00	7:10		
Tuesday			3:15	4:45
Wednesday	6:00	7:10	3:15	4:45
Thursday			3:15	4:45
Friday	6:00	7:10	3:30 w	4:15
Saturday	8:30 dl	10:00		
White				
	AM		PM	
Monday	6:00	7:10	3:15	4:45
Tuesday			3:15	5:00
Wednesday	6:00	7:10		
Thursday			3:15	5:00
Friday	6:00	7:10	3:30 w	4:15
Saturday	8:30 dl	10:30		
Blue				
	AM		PM	
Monday	6:00	7:10	3:30	5:45 w
Tuesday			3:15 dl	5:30
Wednesday	6:00	7:10	3:30	5:45 w
Thursday			3:15 dl	5:30
Friday	6:00	7:10	3:30 w	5:45
Saturday	8:30 dl	11:00		
Please arrive on deck 5-10 minutes <b>before</b> practice time				

w - designates that your group will practice in the weight room

dl - dryland on the pool deck (can be completed in suits - shoes optional)

**optional practices shown in red**