

LAKE LYTAL LIGHTNING SWIM TEAM

DEVELOPMENTAL TRAINING SCHEDULE FEB-MARCH 2010

DAY	DATE	RED	BRONZE A	BRONZE B	GOLD	
Monday	8-Feb	OFF	OFF	OFF	5-6:30PM	
Tuesday	9-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	10-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	TRAINING FEES DUE
Thursday	11-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Friday	12-Feb	4:30-5 PM	4:30-5:30 PM		5-6:30PM	COMBINED BRONZE A & B
Saturday	13-Feb	PALM BEACH COUNTY SUB JO @ JUPITER				SWIM MEET !!!
Sunday	14-Feb	OFF	OFF	OFF	OFF	
Monday	15-Feb	OFF	OFF	OFF	5-6:30PM	
Tuesday	16-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	17-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Thursday	18-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Friday	19-Feb	4:30-5 PM	4:30-5:30 PM		5-6:30PM	COMBINED BRONZE A & B
Saturday	20-Feb	OFF	OFF	OFF	OFF	
Sunday	21-Feb	OFF	OFF	OFF	OFF	
Monday	22-Feb	OFF	OFF	OFF	5-6:30PM	
Tuesday	23-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	24-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Thursday	25-Feb	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Friday	26-Feb	4:30-5 PM	4:30-5:30 PM		5-6:30PM	COMBINED BRONZE A & B
Saturday	27-Feb	OFF	OFF	OFF	OFF	
Sunday	28-Feb	OFF	OFF	OFF	OFF	
Monday	1-Mar	OFF	OFF	OFF	5-6:30PM	
Tuesday	2-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	3-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Thursday	4-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Friday	5-Mar	OFF	DIVISION II CHAMPS @ LAKE LYTAL			SWIM MEET !!!
Saturday	6-Mar	OFF				
Sunday	7-Mar	OFF				
Monday	8-Mar	OFF	OFF	OFF	5-6:30PM	
Tuesday	9-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	10-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	TRAINING FEES DUE
Thursday	11-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Friday	12-Mar	4:30-5 PM	4:30-5:30 PM		5-6:30PM	
Saturday	13-Mar	OFF	OFF	OFF	OFF	
Sunday	14-Mar	OFF	OFF	OFF	OFF	
Monday	15-Mar	OFF	OFF	OFF	OFF	
Tuesday	16-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	17-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Thursday	18-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
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Saturday	20-Mar	OFF	OFF	OFF	OFF	
Sunday	21-Mar	OFF	OFF	OFF	OFF	
Monday	22-Mar	OFF	OFF	OFF	5-6:30PM	
Tuesday	23-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Wednesday	24-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Thursday	25-Mar	4:30-5 PM	4:30-5:30 PM	5:30-6:30 PM	5-6:30PM	
Friday	26-Mar	4:30-5 PM	4:30-5:30 PM		5-6:30PM	COMBINED BRONZE A & B
Saturday	27-Mar	OFF	OFF	OFF	OFF	
Sunday	28-Mar	OFF	OFF	OFF	OFF	
LIGHTNING SPRING BREAK MARCH 29-APRIL 4 STAY ACTIVE & EAT HEALTHY						