

## LIGHTNING 2010 JULY-AUGUST TRAINING SCHEDULE\*

		12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
<b>RED</b>	A.M.	X	9-9:30	9-9:30	9-9:30	9-9:30	X	X								
	or		or	or	or	or										
	P.M.	X	4:30-5	4:30-5	4:30-5	4:30-5										
<b>BRONZE</b>	A.M.	X	9-10	9-10	9-10	9-10	X	X								
	or		or	or	or	or										
	P.M.	X	5-6	5-6	5-6	5-6										
<b>GOLD</b>	P.M.	5-6:30 Sw.	5-6:30 Sw.	5-6:30 Sw.	5-6:30 Sw.	5-6:30 Sw.	X	X								
<b>SILVER B</b>	A.M.	X	7-9	7-9	7-9	FGC JR. OLYMPIC CHAMPS @ PLANTATION										
	P.M.	X	X	X	X											
		X	X	X	X											
<b>SILVER A</b>	A.M.	7-9	7-9	7-9	7-9											
	P.M.	X	X	X	X											
<b>SENIOR 4A,3A,2A</b>	A.M.	6:45-9 Sw.	6:45-9 Sw.	6:45-9 Sw.	6:45-9 Sw.	6:45-9	7-10:45 (Sw. & Dryland)	X								
	P.M.	4:30-6 Sw.	4:30-7 (Sw. & Dryland)	X	4:30-7 (Sw. & Dryland)	X	X									
		19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul								
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
<b>RED</b>	A.M.	X	9-9:30	9-9:30	9-9:30	9-9:30	X	X								
	or		or	or	or	or										
	P.M.	X	4:30-5	4:30-5	4:30-5	4:30-5										
<b>BRONZE</b>	A.M.	X	9-10	9-10	9-10	9-10	X	X								
	or		or	or	or	or										
	P.M.	X	5-6	5-6	5-6	5-6										
<b>GOLD</b>	P.M.	5-6:30 Sw.	5-6:30 Sw.	5-6:30 Sw.	5-6:30 Sw.	5-6:30 Sw.	X	X								
<b>SILVER B</b>	A.M.	X	7-9	7-9	7-9	7-9	HAVE A GREAT SUMMER BREAK; STAY ACTIVE & EAT HEALTHY									
	P.M.	X	X	X	X	X										
<b>SILVER A</b>	A.M.	X	7-9	7-9	7-9	7-9										
<b>SENIOR 4A,3A,2A</b>	A.M.	7-9	7-9	7-9	7-9	FGC SR. CHAMPIONSHIPS @ CORAL SPRINGS										
	P.M.	4:30-6	4:30-7 (Sw. & Dryland)	X	X					X						
BEST OF SWIMS AND EXPERIENCES AT SOUTHERN ZONE CHAMPIONSHIPS ALEXA & VICKY!	26-Jul MONDAY		27-Jul TUESDAY		28-Jul WEDNESDAY		29-Jul THURSDAY			30-Jul FRIDAY		31-Jul SATURDAY		1-Aug SUNDAY		
	END OF SUMMER BREAK ALL GROUPS															
	2-Aug MONDAY		3-Aug TUESDAY		4-Aug WEDNESDAY		5-Aug THURSDAY			6-Aug FRIDAY		7-Aug SATURDAY		8-Aug SUNDAY		
	END OF SUMMER BREAK ALL GROUPS															
			9-Aug MONDAY	10-Aug TUESDAY	11-Aug WEDNESDAY	12-Aug THURSDAY	13-Aug FRIDAY	14-Aug SATURDAY	15-Aug SUNDAY							
	<b>RED</b>		X	5-5:30PM	5-5:30PM	5-5:30PM	5-5:30PM	X	X							
<b>BRONZE A: 10 &amp; U.</b>		X	4:30-5:30PM	4:30-5:30PM	4:30-5:30PM	4:30-5:30PM	X	X								
<b>BRONZE B: 11 &amp; O.</b>		X	5:30-6:30PM	5:30-6:30PM	5:30-6:30PM	5:30-6:30PM	X	X								
<b>GOLD</b>		X	3:30-5PM	3:30-5PM	3:30-5PM	3:30-5PM	X	X								
<b>SILVER B</b>		5-6:45PM	5-6:45PM	4:30-5D 5-6:45S	5-6:45PM	5-6:45PM	X	X								
<b>SILVER A</b>		5-6:45PM	5-6:45PM	4:30-5D 5-6:45S	5-6:45PM	5-6:45PM	7-9:30AM + DRYLAND	X								
<b>SENIOR 4A,3A,2A</b>	A.M.	X	X	X	X	X	7-9:30AM + DRYLAND + WEIGHT ROOM	X								
	P.M.			4:30-7:30	4:30-5:30D 5:30-7:30S	4:30-6:30		P.M. OFF	X							
										X						

**SILVER & SENIOR SWIMMERS: THEIR WILL BE GROUP REORGANIZATIONS TAKING PLACE FOR FALL: PLEASE NOTE THE LIST TO BE POSTED AT POOL WED. JULY 14. THESE GROUPINGS WILL BE IN PLACE THRU MID OCTOBER.**