

Montrose Marlins Fall 2011 Practice Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
September							
	12	13	14	15	16	17	18
Silas' Group	Dryland 4-5:30pm @ HS - Full Group	Dryland 4-5:30pm @ HS - Only HS students	Swim in Delta. 3:55- 6:40pm.	Swim in Ouray. 3:55- 6:40pm	Off		
Ellen- Everyone	Off	Dryland 4:30-5:30pm @ Cerise	Dryland 4:30-5:30pm @ Cerise	Dryland 4:30-5:30pm @ Cerise	Off		
	19	20	21	22	23	24	25
Silas' Group	Polo 4:-5:30pm	Weights 6:15am/ Swim 4-6pm	Polo 4:-5:30pm	Weights 6:15am/ Swim 4-6pm	Off		
Ellen- 11&12 Year Old who Swam Summer	Swim 4:30-6pm	Swim 4:30-6pm	Swim 4:30-6pm	Swim 4:30-6pm	Off		
Ellen- 10&Unders and New Swimmers	Off	Off	Off	Off	Off		
	26	27	28	29	30	1	2
Silas' Group	Polo 4:-5:30pm	Weights 6:15am/ Swim 4-6pm	Polo 4:-5:30pm	Weights 6:15am/ Swim 4-6pm	Off		
Ellen- 11&12 Year Old who Swam Summer	Swim 4:30-6pm	Swim 4:30-6pm	Swim 4:30-6pm	Swim 4:30-6pm	Off		
Ellen- 10&Unders and New Swimmers	Swim 6-7:15pm	Swim 6-7:15pm	Swim 6-7:15pm	Swim 6-7:15pm	Off		
Clint's Group	Swim 6-7:15pm	Swim 6-7:15pm	Swim 6-7:15pm	Swim 6-7:15pm	Off		
Lars' Group	Off	Swim 6-7pm	Off	Swim 6-7pm	Off		
Suzi's Group	Swim 6-6:45pm	Off	Swim 6-6:45pm	Off	Off		