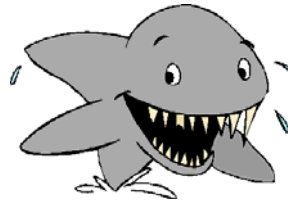


2010 SILVERTON SHARKS PRACTICE SCHEDULE



First practice starts Monday, May 17th.

School in session (M - F)*

May 17 - June 11

11 & Up	4:15pm - 5:15pm
6 & Under	5:00pm - 5:45pm
7 - 8	5:30pm - 6:15pm
9 - 10	6:00pm - 6:45pm

* first 15 minutes of each practice will be for taking swimmer attendance, stretching, dry land and general organizing the swimmers.

Please note - for the first week or so, the water may be a little chilly. Please send tennis shoes, shirt, shorts and extra towels with your swimmer in case we do more dry land than usual.

School out**

June 14 - July 19 (Meets start June 15th with the last meet on July 20th)

AM (M, T, Th, F)

7-10	8:30am - 9:30am
6 & Under	9:15am - 10:00am
11 & Up	9:45am - 11:00am

PM (M, W, Th, F)**

11 & Up	4:15pm - 5:30pm
6 & Under	5:15pm - 6:00pm
7 - 8	5:45pm - 6:45pm
9 - 10	6:30pm - 7:30pm

**first 15 minutes of each practice will be for stretching and dry land.