

## Total Aquatic Solutions - Session Schedule - Winter 2010

	National Youth Squad	State Boys Youth Squad	State Girls Youth Squad	District Girls Squad	District Boys Squad	Junior Squad	Development Squad	Mini-Squads	LTS
	Carl Wilson	Margie Moore	Amberley Whitehorn	Danni Miatke	Matt Lara	Thanasi Solomidis	Thanasi Solomidis	Staff	Staff
Monday AM	5.00-7.00 @CSC Dryland - Swim	Off	5.00-7.00 @CSC Dryland - Swim	Off	Off				
Monday PM	4.30-6.00 @CSC Gym - Circuit	4.30-6.00 @Aqua Swim	4.30-6.00 @Aqua Swim	5.30-7.30 @CSC Dryland-Swim	5.30-7.30 @CSC Dryland-Swim	5.00-6.00 @CSC Swim	4.00-5.00 @CSC Swim		4.00-6.00
Tuesday AM	5.00-7.00 @CSC Dryland - Swim	5.00-7.00 @CSC Dryland - Swim	Off	Off	Off				
Tuesday PM	4.30-6.00 @Aqua Swim	4.30-6.00 @Aqua Swim	4.30-6.00 @CSC Gym - Circuit	5.30-7.30 @CSC Dryland - Swim	5.30-7.30 @CSC Dryland - Swim			4.00-6.00	4.00-6.00
Wednesday AM	Off	Off	5.00-7.00 @CSC Dryland - Swim	5.30-7.00 @CSC Swim	5.30-7.00 @CSC Swim				
Wednesday PM	4.30-6.30 @CSC Boxing - Swim	4.30-6.00 @CSC Gym - Circuit	Off Except CA Triton Club Nights	Off Except CA Triton Club Nights	Off Except CA Triton Club Nights	5.00-6.30 @CSC Swim 5.00-6.00 - Club Nights	4.00-5.00 @CSC Swim	5.00-6.00	4.00-6.00
Thursday AM	5.00-7.00 @CSC Dryland - Swim	5.00-7.00 @CSC Dryland - Swim	Off	Off	Off				
Thursday PM	5.00-6.00 @Focus Spinning	Off	4.30-6.00 @Aqua Swim	5.30-7.30 @CSC Dryland - Swim	5.30-7.30 @CSC Dryland - Swim			4.00-6.00	4.00-6.00
Friday AM	5.00-7.00 @CSC Dryland - Swim	5.00-7.00 @CSC Dryland - Swim	5.00-7.00 @CSC Dryland - Swim	Off	Off				
Friday PM	4.30-6.00 @CSC Gym - Circuit	4.30-6.00 @Aqua Swim	4.30-6.00 @Aqua Swim	5.00-7.00 @CSC Dryland-Swim	5.00-7.00 @CSC Dryland-Swim	4.30-5.30 @CSC Swim	4.30-5.30 @CSC Swim		4.00-6.00
Saturday AM	6.00-8.00 @CSC Dryland - Swim	5.00-7.30 @CSC Swim - Gym	5.00-7.30 @CSC Swim - Gym	Off	Off				