

# KING KCAC-Practice Schedule September 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes:		1 DEV/NOV: 4-5P SU AG: 7-8:30P MW REG: 4:30-6:30P KM POW: OFF SEN: 5-7P MR NAT: 3-5P MR	2 DEV/NOV: 6:30-7:30P KM AG: 5-6:30P KM REG: 3-5P SU POW: 5-7P MR SEN: 5-7P MR NAT: 3-5P MR	3	4	5
6 <b>LABOR DAY</b> NO WORKOUTS	7 DEV: 6:30-7:30P KM NOV: 6:30-7:30P KM AG: 4:30-6:30P KM REG: 4:30-6:30P KCAC POW: 6-8P KCAC SEN: 5:30-8P MR NAT: 3:15-6:30P KCAC	8 DEV: 7-8P MW NOV: 7-8P MW AG: OFF REG: 4:30-6:30P KM POW: 6-8P KCAC SEN: 3:30-6:30P KCAC NAT: 3:15-6:30P KCAC	9 DEV: 6-7P KCAC NOV: 6:45-8P KCAC AG: 4:30-6:30P KM REG: 4:30-6:30P KCAC POW: 6-8P KCAC SEN: 5:30-8P MR NAT: 3:15-6:30P KCAC	10 DEV: 6-7P MR NOV: 6-7P MR AG: 5:30-7:30P MW REG: 4:30-6:30P KM POW: 6-8P KM SEN: 3:30-6:30P KCAC NAT: 3:15-6:30P KCAC	11 SEN: 7-9:30A MR NAT: 9:30-NOON MR	12
13 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	14 DEV: OFF NOV: 6-7:15P AG: OFF REG: 4:30-6:30P KM POW: 6-8P SEN: 3:30-6:30P NAT: 5:30-8P MR	15 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	16 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4:30-6:30P POW: 6-8P SEN: 3:30-6:30P NAT: 5:30-8P MR	17 DEV: OFF NOV: OFF AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	18 AG: 8:30-10A KM REG: 6:30-8:30P KM SEN: 6:30-9A MR NAT: 9A-NOON MR	19 AG: 4-5:30P KM REG: 5:30-7P KM POW: 3:30-5P MR SEN: 6:30-8P MR NAT: 5-6:30P MR
20 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	21 DEV: OFF NOV: 6-7:15P AG: OFF REG: 4:30-6:30P KM POW: 6-8P SEN: 3:30-6:30P NAT: 5:30-8P MR	22 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	23 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4:30-6:30P POW: 6-8P SEN: 3:30-6:30P NAT: 5:30-8P MR	24 DEV: OFF NOV: OFF AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	25 AG: 8:30-10P KM REG: 6:30-8:30P KM SEN: 6-9A MR NAT: 9A-NOON MR	26 AG: 4-5:30P KM REG: 5:30-7P KM POW: 3:30-5P MR SEN: 6:30-8P MR NAT: 5-6:30P MR
27 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	28 DEV: OFF NOV: 6-7:15P AG: OFF REG: 4:30-6:30P KM POW: 6-8P SEN: 3:30-6:30P NAT: 5:30-8P MR	29 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	30 DEV: 6-7P NOV: 6:45-8P AG: 6-8P REG: 4:30-6:30P POW: 6-8P SEN: 3:30-6:30P NAT: 5:30-8P MR	1 DEV: OFF NOV: OFF AG: 6-8P REG: 4-6P POW: 6-8P SEN: 3:30-6:30P NAT: 3:15-6:30P	2 AG: 10:30A-NOON NH REG: 7:30-9:30A KM SEN: 9A-NOON MR NAT: 6-9A MR	3 AG: 4-5:30P KM REG: 5:30-7P KM POW: 3:30-5P MR SEN: 6:30-8P MR NAT: 5-6:30P MR

Notes: NH=Newport Hills, MIBC=Mercer Island Beach Club, MR=Mt. Rainier, MW=Mary Wayte, FIFE=Fife Pool, TAH=Covington Pool, KM=Kent Meridian Pool, SU=Seattle University.  
Directions for all sites are available on the KING website