

KING North-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 SEN: 5-7P MR | 2 DEV/NOV: 6:30-7:30P KM AG: 5-6:30P KM REG: 3-5P SU SEN: 5-7P MR | 3 | 4 | 5 |
| 6 LABOR DAY DEV: OFF NOV: OFF AG: OFF REG: 9-11A NH SEN: 9-11:30A NH | 7 DEV: 6:30-7:30P KM NOV: 6:30-7:30P KM AG: 4:30-6:30P KM REG: OFF SEN: 5:30-8P MR | 8 DEV: 7-8P MW NOV: 7-8P MW AG: OFF REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 9 DEV: 6-7P KCAC NOV: 6:45-8P KCAC AG: 4:30-6:30P KM REG: OFF SEN: 5:30-8P MR | 10 DEV: 6-7P MR NOV: 6-7P MR AG: 5:30-7:30P MW REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 11 SEN: 7-9:30A MR NAT: 9:30-NOON MR | 12 |
| 13 DEV: OFF NOV: 4:30-6P NH AG: 4:30-6:30P NH REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 14 DEV: 5-6P NH NOV: OFF AG: 5-7P NH REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 15 DEV: OFF NOV: 4:30-6P NH AG: 7-9P MW REG: 4:30-7P SU SEN: 4-7P SU | 16 DEV: 5-6P NH NOV: OFF AG: OFF REG: 4:30-6:30P SU SEN: 4-6:30P SU | 17 DEV: 5-6P NH NOV: 4:30-6P NH AG: 5:30-7:30P MW REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 18 AG: 8:30-10A KM REG: 6:30-8:30A KM SEN: 6:30-9A MR | 19 DEV: 9:30-10:30A NH NOV: 10:30-11:30A NH AG: 10:30A-NOON NH REG: 9-10:30A NH SEN: 8:30-10:30A NH |
| 20 DEV: OFF NOV: 4:30-6P NH AG: 4:30-6:30P NH REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 21 DEV: 5-6P NH NOV: OFF AG: 5-7P NH REG: 5:30-7:30P MIBC SEN: 5:30-7A MW AND 5:30-8P MIBC | 22 DEV: OFF NOV: 4:30-6P NH AG: 7-9P MW REG: 6:30-9P SU SEN: 6:30-9P SU | 23 DEV: 5-6P NH NOV: OFF AG: OFF REG: 6-8P SU SEN: 5:30-8P SU | 24 DEV: 5-6P NH NOV: 4:30-6P NH AG: 5:30-7:30P MW REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 25 AG: 8:30-10P KM REG: 6:30-8:30A KM SEN: 6-9A MR | 26 DEV: 9:30-10:30A NH NOV: 10:30-11:30A NH AG: 10:30A-NOON NH REG: 9-10:30A NH SEN: 8:30-10:30A NH |
| 27 DEV: OFF NOV: 5-6:30P NH AG: 5-7P NH REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 28 DEV: 6:30-7:30P NH NOV: OFF AG: 5:30-7:30P NH REG: 5:30-7:30P MIBC SEN: 5:30-7A MW AND 5:30-8P MIBC | 29 DEV: OFF NOV: 5-6:30P NH AG: 7-9P MW REG: 6:30-9P SU SEN: 6:30-9P SU | 30 DEV: 6:30-7:30P NH NOV: OFF AG: OFF REG: 6-8P SU SEN: 5:30-8P SU | 1 DEV: 5-6P NH NOV: 4:30-6P NH AG: 5:30-7:30P MW REG: 5:30-7:30P MIBC SEN: 5:30-8P MIBC | 2 AG: 10:30A-NOON NH REG: 7:30-9:30A KM SEN: 9A-NOON | 3 DEV: 9:30-10:30A NH NOV: 10:30-11:30A NH AG: 10:30A-NOON NH REG: 9-10:30A NH SEN: 8:30-10:30A NH |

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

Tuesday doubles are optional for senior swimmers but strongly encouraged, I am working to add a second double on Friday mornings at NH starting in October to make it easier for swimmers on the east side. Wednesday practices at SU will include 1 hour of dryland for both regional and senior that will emphasize flexibility and core strength.

ALL NEWPORT HILLS TIMES FOR DEV, NOV, AND AG WILL BE INSIDE ONCE THE BUBBLE GOES UP STARTING SEPT 27TH