

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

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