

# **IHCC Practice Times 2011:**

## **Swimming**

Monday, Tues., Weds., Thurs. & Friday

### **Mornings:**

8:45-10:00 advanced workout (13yrs & up)

10:00-10:45 intermediate (7-11yrs)

10:45-11:15 beginners (5-6yrs)

4 year olds will practice twice a week

11:15-11:40, days TBD

Monday-Thursday **afternoons**

4-5pm intermediate/advanced groups

5-5:30pm beginners

# **Dive**

**Monday-Friday Morning**

10:00-10:45 Advanced

10:45-11:15 intermediate

11:15-11:40 beginner

11:45-12:15 Open Practice

**Afternoon** dive practice Mon-Thurs.

Open to all: 4:30-5:30pm