



FCST 2010 Spring Practice Schedule March 22 – June 3

PreComp	Tuesday & Thursday	5:15-6:00	YMCA
White "A"	Monday & Wednesday & Friday	5:30-6:15	YMCA
White "B"	Tuesday & Thursday Friday	4:30-5:15 5:30-6:15	YMCA YMCA
Red "A"	Monday & Wednesday & Friday	4:30-5:30	YMCA
Red "B"	Tuesday & Thursday Friday	5:15-6:15 4:30-5:30	YMCA YMCA
Blue	Mon, Tues, Wed, Thurs	4:15-5:15	Colony Grant
Junior I	Mon, Tues, Wed, Thurs	5:15- 6:30	Colony Grant
Age Group I	Monday-Thursday Friday	4:30- 6:00 5:30 -6:45	Don Cook NAT Aquatic Center
Age Group II	Monday-Thursday Friday Saturday Wednesday AM	5:45- 7:30 5:15- 7:00 10:15-12:00 5:30-6:45 AM	Don Cook NAT Aquatic Center Aquatic Center Aquatic Center
Junior II	Mon, Tues, Wed, Thurs	6:00 – 7:30	Colony Grant
Age Group III	Monday & Tuesday Wednesday & Thursday Friday Saturday Wednesday AM	5:30- 7:30 5:30-7:30 5:45- 7:30 10:15-12:15 5:30-6:45 AM	Aquatic Center Don Cook Nat Don Cook NAT Aquatic Center Aquatic Center
PreSenior I	Monday & Tuesday Wednesday & Thursday Friday Saturday Tuesday & Friday AM	5:15-7:30 5:15-7:30 4:30- 6:30 8:00-10:15 5:30- 6:45 AM	Don Cook Nat Aquatic Center Don Cook Nat Aquatic Center Aquatic Center

PreSenior II	Monday & Tuesday	5:00-7:30	Aquatic Center
	Wednesday & Thursday	4:30-7:00	Don Cook Nat
	Friday	4:30-7:00	Don Cook Nat
	Saturday	8:30-11:00	Aquatic Center
	Wednesday. & Friday AM	5:30- 6:45 AM	Aquatic Center
Senior I	Monday & Tuesday	4:30- 6:45	Don Cook Nat
	Wednesday & Thursday	5:15-7:30	Aquatic Center
	Friday	3:30-5:30	Aquatic Center
	Saturday	8:00-10:30	Aquatic Center
	Tuesday & Friday AM	5:30- 6:45 AM	Aquatic Center
Senior II	Monday- Thursday	3:30- 6:10	Aquatic Center
	Friday	3:30- 5:30	Aquatic Center
	Saturday	6:30- 9:00	Aquatic Center
	Monday & Thursday AM	5:30- 6:45 AM	Aquatic Center
Senior Elite	Monday- Thursday	3:30- 6:25	Aquatic Center
	Friday	3:30- 5:30	Aquatic Center
	Saturday	6:30- 9:00	Aquatic Center
	Monday & Thursday AM	5:30- 6:45 AM	Aquatic Center
Masters	Tuesday, Wednesday, Friday AM	5:30- 6:30 AM	Aquatic Center
	Tuesday, Thursday, Friday	11:15- 12:15 PM	Aquatic Center
	Tuesday & Thursday	7:30-8:30 PM	Aquatic Center
	Monday & Wednesday AM	9:30- 10:30 AM	New Territory
	Monday & Wednesday (Novice Group)	10:30- 11:15 AM	New Territory