

Summer 2010 – Practice Schedule

GOLD Group

June 10 – July 23 Mon. – Fri. 5:30 – 8:00 a.m.*

AND – both training sessions are recommended

Mon. – Thurs. 4:30* – 7:00 p.m.

* Dry-land Training is 7:30 – 8 a.m. OR 4:30 – 5 p.m.

Saturday Morning practices will be added throughout the season, and listed on the practice schedule in the DASH Weekly newsletter.

SILVER Group

June 10 – July 23 Mon. – Fri. 7:15 – 9:30 a.m.

OR – only one training session is permitted each day

Mon. – Thurs. 4:30 – 6:45 p.m.

Saturday Morning practices will be added throughout the season, and listed on the practice schedule in the DASH Weekly newsletter.

BRONZE Group

June 10 – July 23 Mon. – Fri. 8:00 – 9:30 a.m.

OR – only one training session is permitted each day

Mon. – Thurs. 6:30 – 8:00 p.m.

BLUE Group

June 10 – July 23 Mon. – Fri. 7:00 – 9:00 a.m.

OR – only one training session is permitted each day

Mon. – Thurs. 6:00 – 8:00 p.m.

GREEN Group

June 10 – July 23 Mon. – Fri. 8:00 – 9:15 a.m.

OR – only one training session is permitted each day

Mon. – Thurs. 6:30 – 7:45 p.m.

Stay Fit Group

June 10 – July 23 Mon. – Fri. 7:00 – 9:00 a.m.