

PINE CREST SWIMMING - FORT LAUDERDALE CAMPUS

~ December 2013 to January 2014 ~						
◀ Nov 2013						Jan 2014 ▶
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19 LAST DAY OF NOVICE & SWIM LESSONS UNTIL JANUARY	20 PC School - 1/2 Day School 4PM NORMAL PRACTICE FOR SENIOR GROUP 12:30PM AGE GROUPS	21 8:30AM GREEN GROUPS & SENIOR GROUPS
22	23 7AM SENIOR GROUPS 8AM AGE GROUPS	24 7AM SENIOR GROUPS NO PRACTICE FOR AGE GROUPS	25 Christmas NO PRACTICE FOR ANY GROUPS	26 7AM SENIOR GROUPS NO PRACTICE FOR AGE GROUPS	27 7AM SENIOR GROUPS 8AM AGE GROUPS	28 7AM SENIOR GROUPS 8AM GREEN GROUPS
29	30 11AM SENIOR GROUPS 12 NOON AGE GROUPS	31 11AM SENIOR GROUPS 12 NOON AGE GROUPS	1 New Years Day NO PRACTICE FOR ANY GROUPS	2 11AM SENIOR GROUPS 12 NOON AGE GROUPS	3 11AM SENIOR GROUPS 12 NOON AGE GROUPS	4 11AM SENIOR GROUPS 12 NOON GREEN II GROUP NO GREEN I GROUP
5	6 PC School Resumes 4PM PRACTICE RESUMES AS NORMAL	7	8	9	10	11
12	13	14	Notes:			

WHITE GROUP - NO SATURDAY PRACTICES

AGE GROUPS - NOTE THAT THERE IS NO PRACTICE ON DECEMBER 24-26 & JANUARY 1

SENIOR GROUP - 7AM OR 11AM FOR 1 HOUR (WEIGHTS ON MON/WED/FRI) (RUNNING & DRYLAND TUES/THUR/SAT)

AGE GROUPS CONSIST OF: WHITE / GREEN I / GREEN II