

**North Shore Swim Club  
Fall Swim Program at Lexington**

<b>Program</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>ONE ON ONE COACHING</b>
<b>Intro to Comp. Swim</b>	3:30- 4:15	3:30- 4:15	3:30- 4:15	3:30- 4:15	3:30- 4:15		NSSC coaches will be available for 1 on 1 coaching Monday-Friday from <b>3:00-3:30 PM</b> or Monday-Thursday. Children must register with Amy Murphy. 1 on 1 is meant to supplement practices and does not count towards practice requirements. <b>One session per month per member.</b>
	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15		
	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15		
	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15		
	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15	7:30-8:15		
<b>White</b>	3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30	8:00-9:00	
	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	9:00-10:00	
	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	10:00-11:00	
	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	11:00-12:00	
	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30		
<b>Blue</b>	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	8:00-10:00	
	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	10:00-12:00	
	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00		
<b>Green</b>	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	8:00-10:00	
	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	10:00-12:00	
	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00	6:30-8:00		

**Intro to Comp. Swim Program:** Monday/ Wednesday/ Friday or Tuesday/ Thursday/ Friday.

**White Program:** Monday/ Wednesday/ Friday/ Saturday or Tuesday/ Thursday/ Friday/ Saturday.

**Blue Program:** Monday/ Wednesday/ Friday/ Saturday or Tuesday/ Thursday/ Friday/ Saturday.

**Green Program:** Monday- Saturday.