



2011-2012 Fall/Winter Practice Schedule

Penwood Middle School

Diving	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAL Diving	5:30-7:30	5:30-7:30	X	5:30-7:30	5:00-7:00	X
Varsity Prep Diving	6:45-7:30	6:45-7:30	X	6:45-7:30	6:00-7:00	X

Swimming	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-8 Group 1 Orange Otters	6:45-7:30	6:45-7:30	X	6:45-7:30	6:00-7:00	X
5-8 Group 2* Black Otters	6:00-7:00	6:00-7:00	X	6:00-7:00	5:00-6:00	X

*Includes Recreational, SAL and USA Swimmers

Pennsbury High School

Swimming	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn to Swim M/W	5:00-5:30	X	5:00-5:30	X	X	X
	5:30-6:00	X	5:30-6:00	X	X	X
Learn to Swim T/Th	X	5:00-5:30	X	5:00-5:30	X	X
	X	5:30-6:00	X	5:30-6:00	X	X
Ages 9-11* Junior II	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30	X	X
Ages 11-14* Junior I	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	5:00-7:00	12:00-2:00
Ages 14+* Senior	6:00-8:00	6:00-8:00	6:00-8:00	6:00-8:00	5:00-7:00	12:00-3:00
Masters	X	7:30-9:00	X	7:30-9:00	X	12:00-3:00
Varsity Prep Swimming	X	7:30-9:00	X	7:30-9:00	X	12:00-3:00

*Includes Recreational, SAL and USA Swimmers