

COTA 2010-2011 SHORT COURSE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Age Group	3:30 – 4:15 PM	3:30 – 4:15 PM	No Practice	3:30 – 4:15 PM	3:30 – 4:15 PM	No Practice
Junior Group	4:15 – 5:45 PM	4:15 – 5:45 PM	4:15 – 5:45 PM	4:15 – 5:45 PM	4:15 – 5:45 PM	8:30 – 10:00 AM
Senior	5:45– 7:45 PM	5:45 – 7:45 PM	5:45 – 7:45 PM	5:45 – 7:45 PM	5:45 – 7:45 PM	8:30 - 10:30 AM

Morning Practices will begin during the month of October. A new schedule to this effect will be posted during the third week of September.

Age Group: 12 & under new to the sport, never participated in USA meets
 Junior Group: 12 & under with swimming experience
 Senior Group: Teenagers 13 & up