

COTA 2010 SUMMER LONG COURSE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White	7:00-8:00 AM NW Pool	7:00-8:00 AM GHCC Pool	7:00-8:00 AM NW Pool	7:00-8:00 AM GHCC Pool	7:00-8:00 AM NW Pool	
Blue	7:00-8:00 AM NW Pool	7:00-8:00 AM GHCC Pool	7:00-8:00 AM NW Pool	7:00-8:00 AM GHCC Pool	7:00-8:00 AM NW Pool	9:00 - 10:00 AM GHCC Pool
Gold	6:30 - 8:00 AM NW Pool	6:30 - 8:00 AM GHCC Pool	6:30 - 8:00 AM NW Pool	6:30 - 8:00 AM GHCC Pool	6:30 - 8:00 AM NW Pool	8:30 - 10:00 AM GHCC Pool
Senior	6:00 - 8:00 AM NW Pool	6:00 - 8:00 AM GHCC Pool	6:00 - 8:00 AM NW Pool	6:00 - 8:00 AM GHCC Pool	6:00 - 8:00 AM NW Pool	8:00 - 10:00 AM GHCC Pool

Evening Practices Monday thru Friday 8:00 – 9:00 PM at the GHCC Pool
Evening practices are only offered to those swimmers who are also attending morning practices.