



Rancho San Dieguito Swim Team
2009 Summer Practice Schedule

Effective June 15-August 21

12 & Younger

Grunion (session 1)	Tuesday, Thursday, Friday	3:15 – 4:00 pm
Grunion (session 2)	Monday, Wednesday, Friday	3:15 – 4:00 pm
Red (session 1)	Monday – Friday	4:00 – 5:00 pm
Red (session 2 & Star)	Monday – Thursday Friday	5:00 – 6:00 pm 4:00 – 5:00 pm
White	Monday – Friday	4:15 – 5:45 pm
Blue	Monday – Friday	2:30 – 4:30 pm

13 & Over

Senior Development	Monday, Wednesday, Friday Tuesday, Thursday	7:30 – 9:30 am 2:30 – 4:30 pm
Senior	Monday, Wednesday, Friday Monday, Wednesday, Friday Tuesday, Thursday (at Cathedral HS) Saturday	7:30 – 9:30 am 2:00 – 5:00 pm 6:30 – 8:45 am 7:45 – 10:00 am

Grunion Group swimmers, please remember to select one of the two sessions offered and swim only in your assigned session (1 or 2).