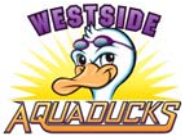


11/16/09



Fall Training Schedule

Beginning Monday August 31st 2009

All practices are at the Petaluma High School Pool

DUCKLINGS 2

Mon – 3:30 – 4:30pm

Tues – off

Wed – 3:30-4:30pm

Thurs – off

Fri – 3:30-4:30pm

Sat – 9:30-10:30am

WESTSIDE AQUADUCKS

11/16/09



Fall Training Schedule

Beginning Monday August 31st 2009

All practices are at the Petaluma High School Pool

DUCKLINGS 3

Mon – 3:30-4:45pm

Tues – 3:30-4:45pm

Wed – off

Thurs – off

Fri – 4:30-5:45pm

Sat – 9:15-10:30am

WESTSIDE AQUADUCKS

11/16/09



Fall Training Schedule

Beginning Monday August 31st 2009
All practices are at the Petaluma High School Pool

DUCKLINGS 4

Mon – 5:30-6:45pm

Tues – off

Wed – off

Thurs – 3:30-4:45pm

Fri – 5:45-7:00pm

Sat – 8:15-9:30am

WESTSIDE AQUADUCKS

11/16/09



Fall Training Schedule

Beginning Monday August 31st 2009
All practices are at the Petaluma High School Pool

PURPLE

Mon – off

Tues – 3:30-5:00pm

Wed – 5:30-7:00pm

Thurs – 3:30-5:00pm

Fri – 5:30-7:00pm

Sat – 7:45-9:15am

WESTSIDE AQUADUCKS

11/16/09



Fall Training Schedule

Beginning Monday August 31st 2009

All practices are at the Petaluma High School Pool

SILVER

Mon – 4:45-6:45pm

Tues – 5:15-7:00am

Wed – 3:30-5:30pm

Thurs – 5:15-7:00am

Thurs – 4:45-6:00pm

Fri – off

Sat – 6:15-8:15am

*Dryland times to be added by Coach Lisa

WESTSIDE AQUADUCKS

11/16/09



Fall Training Schedule

Beginning Monday August 31st 2009

All practices are at the Petaluma High School Pool

SENIOR

Mon – 3:30-5:30pm

Tues – 5:15-7:00am

Tues – 3:30-4:30pm dryland

Wed – 4:30-7:00pm

Thurs – 5:15-7:00am

Thurs – 3:30-4:30pm dryland (to be done on your own)

Fri – 3:30-5:30pm

Sat – 5:45-7:45am

WESTSIDE AQUADUCKS