

# TBAY CENTRAL

FALL SCHEDULE 2008



## LIL BUCS

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
<u>WATER</u> 5:30 - 6:30PM <i>*5 to 10 min of dryland</i>	<u>WATER</u> 5:30 - 6:30PM <i>*5 to 10 min of dryland</i>	<u>WATER</u> 5:30 - 6:30PM <i>*5 to 10 min of dryland</i>	<u>WATER</u> 10:45 - 12:00PM <i>*5 to 10 min of dryland</i>

\*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

## BIG BUCS

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
<u>DRYLAND</u> 6:00-6:30pm	<u>DRYLAND</u> 6:00-6:30pm	<u>DRYLAND</u> 6:00-6:30pm	<u>WATER</u> 9:30 - 10:45AM
<u>Water</u> 6:30 - 7:30PM	<u>Water</u> 6:30 - 7:30PM	<u>Water</u> 6:30 - 7:30PM	<u>DRYLAND</u> 10:45-11:15AM

\*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

## ELITE, BLACK & RED GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>WATER</u> 5:15 - 7:30PM	<u>WATER</u> 5:15 - 7:30PM	<u>WATER</u> 5:15 - 7:30PM	<u>WATER</u> 5:15 - 7:30PM	<u>WATER</u> 5:15 - 7:30PM	<u>WATER</u> 9:30 - 11:30AM	<u>WATER</u> 10:00 - 11:30AM

\*ALL PRACTICES ARE TO BE HELD AT TAMPA PREP

# TBAY

Tampa Bay Aquatics

*Bad to the Bone Swimming*