

MMST 2009-10 Practice Schedule: Sept-Dec & Mar/April

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold MLC	AM	6 - 7:30 (Gym)	6 - 7:30 (Swim)		6 - 7:30 (Swim)		6 - 7:30 (+1hr Gym)
	PM	3:30 - 5:45	3:30 - 5:45	3:30 - 5:45	3:30 - 5:45	3:30 - 5:45	
Silver MLC	AM	6 - 7:30 (Swim)			6 - 7:30 (DryLand)		
	PM	4:15 - 5:45	4:15 - 5:45	4:15 - 5:45	4:15 - 5:45	4:15 - 5:45	
Bronze ECD	PM	5:30 - 7:00		5:30 - 7:00	5:30 - 6:30	5:30 - 6:30	6 - 7:15am @ MLC
Purple/Novice ECD	PM	7:00 - 8:00		7:00 - 8:00	6:30 - 7:30	6:30 - 7:30	
Swim-Fit ECD	PM	7:00 - 8:00		7:00 - 8:00		6:30 - 7:30	
Mini's	Marlin 1	5:00 - 5:30 (P)	6:15 - 6:45 (P)	5:00 - 5:30 (P)	6:15 - 6:45 (P)	5:00 - 5:30 (P)	9:00 - 9:30am (P)
	Marlin 2	5:30 - 6:15 (P)	6:45 - 7:30 (P)	5:30 - 6:15 (P)	6:45 - 7:30 (P)	5:30 - 6:15 (P)	9:00 - 9:45am (P)
	Marlin 1	6:15 - 6:45 (P)		6:15 - 6:45 (P)		6:15 - 6:45 (P)	9:45 - 10:15am (P)
	Marlin 2	6:45 - 7:30 (P)		6:45 - 7:30 (P)		6:45 - 7:30 (P)	9:30 - 10:15am (P)
Learn To Swim	Mixed Levels	5:00 - 5:30 (P)		5:00 - 5:30 (P)		5:00 - 5:30 (P)	
		5:30 - 6:00 (P)		5:30 - 6:00 (P)		5:30 - 6:00 (P)	

MMST 2009-10 Practice Schedule: Jan/Feb & May/June

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold MLC	AM	6 - 7:30 (Gym)		6 - 7:30 (Swim)		6 - 7:30 (Swim)	6 - 7:30 (+1hr Gym)
	PM	3:30 - 5:45	3:30 - 5:45	3:30 - 5:45	3:30 - 5:45	3:30 - 5:45	
Silver MLC	AM	6 - 7:30 (Swim)			6 - 7:30 (DryLand)		
	PM	4:15 - 5:45	4:15 - 5:45	4:15 - 5:45	4:15 - 5:45	4:15 - 5:45	
Bronze ECD	PM	5:30 - 7:00		5:30 - 7:00	5:30 - 6:30	5:30 - 6:30	6 - 7:15am @ MLC
Purple/Novice ECD	PM	7:00 - 8:00		7:00 - 8:00	6:30 - 7:30	6:30 - 7:30	
Swim-Fit ECD	PM	7:00 - 8:00		7:00 - 8:00		6:30 - 7:30	
Mini's	Marlin 1	5:00 - 5:30 (P)	6:15 - 6:45 (P)	5:00 - 5:30 (P)	6:15 - 6:45 (P)	5:00 - 5:30 (P)	9:00 - 9:30am (P)
	Marlin 2	5:30 - 6:15 (P)	6:45 - 7:30 (P)	5:30 - 6:15 (P)	6:45 - 7:30 (P)	5:30 - 6:15 (P)	9:00 - 9:45am (P)
	Marlin 1	6:15 - 6:45 (P)		6:15 - 6:45 (P)		6:15 - 6:45 (P)	9:45 - 10:15am (P)
	Marlin 2	6:45 - 7:30 (P)		6:45 - 7:30 (P)		6:45 - 7:30 (P)	9:30 - 10:15am (P)
Learn To Swim	Mixed Levels	5:00 - 5:30 (P)		5:00 - 5:30 (P)		5:00 - 5:30 (P)	
		5:30 - 6:00 (P)		5:30 - 6:00 (P)		5:30 - 6:00 (P)	

MLC	Milton Leisure Centre
ECD	E.C. Drury
PF	Premier Fitness, Milton