

Chinook Aquatic Club
Practice Schedule
Winter 2010
(as of 3.1.10)

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior /High School*	5:00-6:30am @ NH 3:30-4:00pm @ MICC (dryland) 4:00-6:15 PM @ MICC	4:00-6:30pm @ MICC	5:00-6:30am @ NH 4:30-5:00 pm @ MW (dryland) 5:00-7:00 PM @ MW	3:30-6:15 pm @ MICC	5:00-6:30am @ NH 3:30-4:00pm @ MICC (dryland) 4:00-6:15 PM @ MICC	8:00-10:15am @ NH
MI/Bellevue Sectional*	5:00-7:00 pm @ Bell	6:00-8:00 pm @ MW*	5:00-7:00 pm @ Bell	6:00-8:00 pm @ MW*	5:30-7:00pm @ MW*	10:00am-12:00pm @ NH
Renton Sectional	5:15-7:00pm @ Ren	5:15-7:00pm @ Ren	5:15-7:00pm @ Ren	5:15-7:00pm @ Ren	5:15-7:00pm @ Ren	10:00am-12:00pm @ NH
Mercer Island Blue	5:00-6:30 pm @ MW		5:30-7:00 pm @ JCC	5:30-7:00 pm @ JCC	5:00-6:30 pm @ MW	
Renton Blue	5:15-6:45pm @ Ren	5:15-6:45pm @ Ren		5:15-6:45pm @ Ren	5:15-6:45pm @ Ren	
Bellevue Blue	5:00-7:00pm @ Bell	5:00-6:00pm @ Bell		5:00-6:00pm @ Bell	5:00-7:00 pm @ Bell	
Mercer Island White	5:30-6:30pm @ MW	6:00-7:00pm @ JCC	6:00-7:00 pm @ JCC		5:30-6:30pm @ MW	
Renton White		5:15-6:15pm @ Ren	5:15-6:15pm @ Ren	5:15-6:15pm @ Ren	5:15-6:15pm @ Ren	
Bellevue White		5:00-6:00pm @ Bell	6:00-7:00pm @ Bell	5:00-6:00 pm @ Bell	6:00-7:00pm @ Bell	
Mercer Island Red		5:30-6:30pm @ JCC		5:30-6:30pm @ JCC		
Renton Red			6:00-7:00pm @ Ren		6:00-7:00pm @ Ren	
Bellevue Red			5:00-6:00pm @ Bell		5:00-6:00pm @ Bell	

Pool Code:	MW: Mary Wayte 8815 SE 40th Mercer Island, WA	NH: Newport Hills 5464 119th Ave SE Bellevue, WA	Bell: Bellevue 601 143rd Ave NE Bellevue, WA	Ren: Lindbergh 16740 128th Ave SE Renton, WA	MICC: Mercer Island Country Club 8700 SE 71st Mercer Island, WA	JCC: Jewish Community Center 3801 East Mercer Way Mercer Island, WA
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***Special Notes:** High School group - Morning practices are optional
MI/Bellevue Sectiona group - Friday practices may be mornings 5-6:30 am @ Newport Hills