

**Chinook Aquatic Club**  
**Practice Schedule**  
**Fall 2010-Winter 2011**

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

<b>Pool Code:</b>	<b>MW:</b> Mary Wayte 8815 SE 40th Mercer Island, WA	<b>NH:</b> Newport Hills 5464 119th Ave SE Bellevue, WA	<b>Bell:</b> Bellevue 601 143rd Ave NE Bellevue, WA	<b>Ren:</b> Lindbergh 16740 128th Ave SE Renton, WA	<b>MICC:</b> Mercer Island Country Club 8700 SE 71st Mercer Island, WA	<b>JCC:</b> Jewish Community Center 3801 East Mercer Way Mercer Island, WA
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