

**Chinook Aquatic Club
Practice Schedule
Fall 2007-Winter 2008**

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	5:00-6:30am @ NH 4:00-6:00pm @ MICC	5:00-7:00pm @ MICC	5:00-6:30am @ NH 5:30-7:00 pm @ MW	5:00-7:00pm @ MICC	5:00-6:30am @ NH 4:00-6:00pm @ MICC	8:00-10:00am @ NH
High School*	5:00-6:30am @ NH 4:00-6:00pm @ MICC		5:00-6:30am @ NH 5:30-7:00 pm @ MW		5:00-6:30am @ NH 4:00-6:00pm @ MICC	8:00-10:00am @ NH
MI/Bellevue Sectional	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	10:00am-12:00pm @ NH
Renton Sectional	5:15-6:55pm @ Ren	5:15-6:55pm @ Ren.	5:15-6:55pm @ Ren.	5:15-6:55pm @ Ren.	5:15-6:55pm @ Ren.	10:00am-12:00pm @ NH
Mercer Island Blue	5:45-7:00 pm @ MW	5:45-7:00 pm @ MW	5:30-6:30 pm @ JCC	5:45-7:00 pm @ MW	5:45-7:00 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	5:00-6:00pm @ Bell	5:00-6:00pm @ 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	5:35-6:35pm @ Ren	5:35-6:35pm @ Ren		5:35-6:35pm @ Ren	5:35-6:35pm @ Ren	
Bellevue White	6:00-7:00pm @ 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			5:55-6:55pm @ Ren		5:55-6:55pm @ 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: Renton 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

***Special Notes:** High School group - Morning practices are optional