

**Central Brevard Swimming
ISLANDERS
Summer 2008
Training Schedule**
Effective June 9, 2008

	Monday	Tuesday		Wednesday	Thursday		Friday
Training Level/Coach	Morning	Morning	Evening	Morning	Morning	Evening	Morning
Level 1 Intro to Swim Team	MIHS 7:30-8:15a	MIHS 7:30-8:15a		MIHS 7:30-8:15a	MIHS 7:30-8:15a		MIHS 7:30-8:15a
Level 2 Development Training	MIHS 7:45-8:45a	MIHS 7:45-8:45a		MIHS 7:45-8:45a	MIHS 7:45-8:45a		MIHS 7:45-8:45a
Level 2 Advanced Training <i>Gina</i>	MIHS 7:30-9:00a	MIHS 7:30-9:00a		MIHS 7:30-9:00a	MIHS 7:30-9:00a		MIHS 7:30-9:00a
Level 3 Junior Training <i>Gina</i>	MIHS 6:00-7:30a	MIHS 6:00-7:30a		MIHS 6:00-7:30a	MIHS 6:00-7:30a		MIHS 6:00-7:30a
Level 3 Senior Training <i>Major</i>	MIHS 6:00-7:30a		BCC LCM 5:00-6:30p	MIHS 6:00-7:30a		BCC LCM 5:00-6:30p	MIHS 6:00-7:30a
Level 4 Elite Training <i>Major</i>	BCC LCM 8:15-10:15a	MIHS SCY 6:00-7:30a	BCC LCM 5:00-7:00p	BCC LCM 8:15-10:15a	MIHS SCY 6:00-7:30a	BCC LCM 5:00-7:00p	BCC LCM 8:15-10:15a

Schedule Subject to Change

6/3/08