

Newmarket Stingrays

Workout Schedule 2011-2012

National Senior		
Monday	AM 5:30 - 7:30 PM 4:00 - 6:00	Metro Metro
Tuesday	AM 5:30 - 7:30 PM 4:00 - 5:45	Metro Complex
Wednesday	AM PM 4:00 - 6:00	 Metro
Thursday	AM 5:30 - 7:30 PM 4:00 - 5:45	Metro Complex
Friday	AM 5:30 - 7:30 PM	Metro
Saturday	AM 7:45 - 10:00	Metro

Senior		
Monday	AM PM 4:00 - 6:00	 Metro
Tuesday	AM 5:30 - 7:30 PM 4:00 - 5:45	Metro Complex
Wednesday	AM PM 4:00 - 6:00	 Metro
Thursday	AM 5:30 - 7:30 PM 4:00 - 5:45	Metro Complex
Friday	AM 5:30 - 7:30 PM	Metro
Saturday	AM 7:45 - 10:00	Metro

AG 1		
Monday	AM 5:30 - 7:30 PM	St. Andrews
Tuesday	AM PM 4:00 - 6:00	 Metro
Wednesday	AM 5:30 - 7:30 PM 4:00 - 5:45	Metro Complex
Thursday	AM 5:30 - 7:30 PM	St. Andrews
Friday	AM PM 4:00 - 6:15	 Complex
Saturday	AM 6:45 - 9:00	Complex

AG 2		
Monday	AM 5:30 - 7:30 PM	St. Andrews
Tuesday	AM PM 4:00 - 6:00	 Metro
Wednesday	AM 5:30 - 7:30 PM	Metro
Thursday	AM 5:30 - 7:30 PM	St. Andrews
Friday	AM PM 4:00 - 6:15	 Complex
Saturday	AM 6:45 - 9:00	Complex

AG 3		
Monday	AM PM 4:00 - 5:45	 Complex
Tuesday	AM 5:30 - 7:30 PM	St. Andrews
Wednesday	AM PM	
Thursday	AM PM 4:00 - 6:00	 Metro
Friday	AM 5:30 - 7:30 PM	St. Andrews
Saturday	AM 5:45 - 7:45	Metro

AG 4		
Monday	AM PM 4:00 - 5:45	 Complex
Tuesday	AM PM	
Wednesday	AM 5:45 - 7:30 PM	St. Andrews
Thursday	AM PM 4:00 - 6:00	 Metro
Friday	AM PM 4:00 - 5:00	 Metro
Saturday	AM 5:45 - 7:45	Metro

Newmarket Stingrays

Workout Schedule 2011-2012

AG 5			
Monday	AM	6:00 - 7:30	Metro
	PM		
Tuesday	AM		
	PM	6:00 - 7:30	St. Andrews
Wednesday	AM		
	PM		
Thursday	AM		
	PM	6:00 - 7:30	St. Andrews
Friday	AM		
	PM	4:00 - 5:00	Metro
Saturday	AM	6:30 - 8:00	St. Andrews

DEV 1			
Monday	AM		
	PM	7:00 - 8:00	St. Andrews
Tuesday	AM		
	PM		
Wednesday	AM		
	PM	6:00 - 7:30	St. Andrews
Thursday	AM		
	PM		
Friday	AM		
	PM	5:00 - 6:30	Metro
Saturday	AM	8:00 - 9:30	St. Andrews

DEV 2			
Monday	AM		
	PM	6:00 - 7:00	St. Andrews
Tuesday	AM		
	PM		
Wednesday	AM		
	PM	5:00 - 6:00	St. Andrews
Thursday	AM		
	PM		
Friday	AM		
	PM	5:00 - 6:00	Metro
Saturday	AM	8:00 - 9:00	St. Andrews

Splashing Up			
Monday	AM		
	PM	5:45 - 6:30	Complex
Tuesday	AM		
	PM		
Wednesday	AM		
	PM	5:45 - 6:30	Complex
Thursday	AM		
	PM		
Friday	AM		
	PM	6:00 - 7:00	St. Andrews
Saturday	AM		