

CAPITAL CITY SPRING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Silver & Bronze 1:00-3:00 pm <i>Spin Class After</i></p> <p>White/Blue: 3:00-4:30 pm</p> <p>Rainbow: 4:30 - 5:30 p.m</p> <p>Red: 5:30 - 6:30 pm</p>	<p>Red: 4:15-5:15 pm</p> <p>Silver 4:15 - 5:00 dryland 5:00 - 7:00 <i>Swimming</i></p>	<p>White/Blue: 4:45 - 6:00 pm</p> <p>Bronze: 6:00 - 7:30 pm</p>	<p>Silver 4:30 - 6:15 + <i>GRIT 6:30-7:00</i></p> <p>Bronze: 6:15 - 7:45 pm</p>	<p>White/Blue: 4:30 - 6:00 pm</p> <p>Rainbow: 6:00 - 7:00 pm</p>	<p>Silver & Bronze Dryland: 4:45 Swimming: 5:30-7:30</p> <p>White/Blue: 5:30-6:45</p> <p>Red: 5:30-6:30</p>

- Evaluation/placements will take place at the JCC March 27 - 31 between 4-6 p.m.
(Contact Tony to schedule days/time.)
- Practice officially starts Sunday April 2nd (Red, White, Blue, Bronze, and Silver) and Mon. April 3rd (Rainbow.)
- Arrive approx. 10-15 minutes early to allow time for changing, stretching, etc.
- Practice times may be adjusted for holidays, weather, meets, group numbers, etc..

TENTATIVE SPRING MEET SCHEDULE:

- May 20, 21 - Jill Griesse Memorial at Denison University
- June 2 - 4 - "Spring Into Summer Splash" at O.S.U.

*Meets may be added, removed, have location changes, or have other unforeseeable circumstances (entry limits, qualification standards, etc.) related to events.

**All meet participants must be registered with USA Swimming.

***Most meets require additional fees (usually \$5 per event) that can be paid in advance to Capital City Swim Club. Many families "pay ahead" in escrow at the beginning of the season.