



The Elgin Blue Wave Master Swim Team

Workout

| Elgin Blue Waves February 2010 | | | | | | |
|---------------------------------------|-------------------------------------|---------|-------------------------------------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 1 Practice 7:30pm-9:00pm | 2 | 3 Practice 7:30pm-9:00pm | 4 | 5 | 6 |
| 7 <u>St. Charles Meet</u> | 8 Practice 7:30pm-9:00pm | 9 | 10 Practice 7:30pm-9:00pm | 11 | 12 | 13 |
| 14 Practice 8:00am - 9:30am | 15 Practice 7:30pm-9:00pm | 16 | 17 Practice 7:30pm-9:00pm | 18 | 19 | 20 |
| 21 Practice 8:00am - 9:30am | 22 Practice 7:30pm-9:00pm | 23 | 24 Practice 7:30pm-9:00pm | 25 | 26 | 27 |
| 28 Practice 8:00am - 9:30am | | | | | | |

No coached workout on Feb. 7 due to St. Charles Meet. Swim on your own!