

**SUMMER SCHEDULE 2009**

			RICHIE/MATT	JONAH/MATT	SHIRLEY
JUNE	29	MON	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
2009	30	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
JULY	1	WED	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	2	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	3	FRI	BAY TERRACE 6-7:45 A.M.	OFF	OFF
	4	SAT	NO WORKOUT	FLY 7 AM ? TBA	FLY 7 AM ? TBA
	5	SUN	NO WORKOUT	NO WORKOUT	NO WORKOUT
	6	MON	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	7	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	8	WED	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	9	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	10	FRI	CONDORS	CONDORS	CONDORS
	11	SAT	CONDORS	CONDORS	CONDORS
	12	SUN	CONDORS	CONDORS	CONDORS
	13	MON	NO WORKOUT	NO WORKOUT	NO WORKOUT
	14	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	15	WED	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	16	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	17	FRI	BAY TERRACE 6-7:45 A.M.	NO WORKOUT	NO WORKOUT
	18	SAT	LIE	LIE	LIE
	19	SUN	LIE	LIE	LIE
	20	MON	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	21	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	22	WED	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	23	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	24	FRI	BAY TERRACE 6-7:45 A.M./SR MET	NO WORKOUT	NO WORKOUT
	25	SAT	FLY 6 AM (NATIONALS)	FLY 7 AM	FLY 7 AM
	26	SUN	NO WORKOUT	NO WORKOUT	NO WORKOUT
	27	MON	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6:15AM - 7:30
	28	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6:15AM - 7:30
	29	WED	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6:15AM - 7:30
	30	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6:15AM - 7:30
	31	FRI	JO'S, NATS OR OFF	JO'S OR OFF	JO'S OR OFF
AUG	1	SAT	JO'S, NATS OR OFF	JO'S, NATS OR OFF	JO'S, NATS OR OFF
	2	SUN	JO'S, NATS OR OFF	JO'S, NATS OR OFF	JO'S, NATS OR OFF
	3	MON	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	4	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	5	WED	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	6	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	7	FRI	NO WORKOUT	NO WORKOUT	NO WORKOUT
	8	SAT	FLY 7 AM	FLY 7 AM	FLY 7 AM
	9	SUN	NO WORKOUT	NO WORKOUT	NO WORKOUT
	10	MON	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	11	TUE	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	12	WED	BAY TERRACE 6-7:45 A.M./ZONES	BAY TERRACE 6-7:45 A.M./ZONES	BAY TERRACE 7:15AM - 8:30
	13	THU	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 6-7:45 A.M.	BAY TERRACE 7:15AM - 8:30
	14	FRI	NO WORKOUT	NO WORKOUT	NO WORKOUT
	15	SAT	NO WORKOUT	FLY 7 AM	FLY 7 AM
	16	SUN	TEAM PICNIC	TEAM PICNIC	TEAM PICNIC
SEPT	7	MON	LABOR DAY - NO WORKOUT	NO WORKOUT	NO WORKOUT
	8	TUES	NO WORKOUT	NO WORKOUT	NO WORKOUT
	9	WED	4 30-6 30 AT FLY	6 00-7 30 AT FLY	4 00 - 5 30 AT FLUSHING
	10	THURS	4 15-6 30 AT FLY/TRYOUTS 5 PM	6 00-7 30 AT FLY	4 00 - 5 30 AT FLUSHING
	11	FRI	NO WORKOUT	NO WORKOUT	NO WORKOUT
	12	SAT	6 30 AM - 9 AM / 8 AM TRYOUTS	NO WORKOUT	NO WORKOUT
	13	SUN	6 30 AM - 9 AM / 8 AM TRYOUTS	9AM - 11 AM AT FLY	9AM - 11 AM AT FLY

THERE ARE EVENING WORKOUTS TUES & THURS AT THE Y FOR ANYONE WHO CAN'T MAKE MORNINGS OR WHO WANTS TO DO DOUBLE WORKOUTS.