

KSS 2009 Christmas Training Schedule

- Monday December 21/09**
- **Masters ~ 6:00 – 7:00 AM**
 - CG1 ~ 4:00 – 6:00 PM
 - CG1A/CG2/CG3 ~ 4:00 – 5:30 PM
 - CG4 and ALL JR Sharks ~ 5:30 – 6:30 PM
- Tuesday December 22/09**
- CG1/CG1A ~ 4:00 – 6:00 PM
 - CG2/CG3 ~ 4:00 – 5:00 PM plus ½ hour Dryland
 - Masters ~ 5:00 – 6:00 PM
- Wednesday December 23/09**
- **Masters ~ 6:00 – 7:00 AM**
 - CG1 ~ 4:00 – 6:00 PM
 - CG1A/CG2/CG3 ~ 4:00 – 5:30 PM
 - CG4 and ALL JR Sharks ~ 5:30 – 6:30 PM

Christmas Break ~ December 24, 25, 26, 27, 2009

- Monday December 28/09**
- **Masters ~ 6:00 – 7:00 AM**
 - **CG1/CG1A ~ 7:00 – 8:30 AM**
 - CG1 ~ 4:00 – 6:00 PM
 - CG1A/CG2/CG3 ~ 4:00 – 5:30 PM
 - CG4 and ALL JR Sharks ~ 5:30 – 6:30 PM
- Tuesday December 29/09**
- **CG1/CG1A ~ 7:00 – 8:30 AM**
 - CG1/CG1A ~ 4:00 – 6:00 PM
 - CG2/CG3 ~ 4:00 – 5:00 PM plus ½ hour Dryland
 - Masters ~ 5:00 – 6:00 PM
- Wednesday December 30/09**
- **Masters ~ 6:00 – 7:00 AM**
 - **CG1/CG1A ~ 7:00 – 8:30 AM**
 - CG1 ~ 4:00 – 6:00 PM
 - CG1A/CG2/CG3 ~ 4:00 – 5:30 PM
 - CG4 and ALL JR Sharks ~ 5:30 – 6:30 PM
- Thursday December 31/09**
- **CG1/CG1A ~ 7:00 – 8:30 AM**

January 1, 2010 ~ Happy New Year

- Saturday January 2/10**
- **CG1/CG1A ~ 8:00 – 10:00 AM**
 - **Masters ~ 8:00 – 9:00 AM**
 - **CG2/CG3/CG4 ~ 8:30 – 9:00 AM - ½ hour Dryland plus 9:00 – 10:00 AM Swim**
 - **Xmas Training Camp Windup ~ 4:30 – 6:00 PM**

Our Regular KSS Winter Session Schedule will Begin Again On Monday January 4, 2010

