

# GLENBROOK AQUATICS WEEKLY SPLASH

Week of 09/14/09 - 09/23/09

|                         |         | 14-Sep        | 15-Sep                            | 16-Sep   | 17-Sep                      | 18-Sep              | 19-Sep | 20-Sep             | 21-Sep        | 22-Sep                                  |
|-------------------------|---------|---------------|-----------------------------------|--|-----------------------------|---------------------|--------|--------------------|---------------|---|
| BLUE                    |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | POOL    | OFF           | 5-6:15 PM GBN                     | 5:45-7 PM GBS                                      | OFF                         | 5-6:15 PM GBN       | OFF    | 9:30-10:45 AM GBS  | OFF           | 5-6:15 PM GBN                           |
| GREEN                   |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | POOL    | OFF           | 6-7:30 PM GBN                     | 6:45-8:15 PM GBS                                   | OFF                         | 6-7:30 PM GBN       | OFF    | 10:30 AM-12 PM GBS | OFF           | 6-7:30 PM GBN                           |
| SILVER                  |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | DryLand | OFF           | 5-5:45 PM GBN                     | OFF  | OFF                         | 5:15-6 PM GBS       | OFF    | OFF                | OFF           | 5-5:45 PM GBN                           |
|                         | POOL    | 5:15-7 PM GBN | 5:45-7:15 PM GBN                  | 4:15-6 PM GBN                                      | OFF                         | 6-7:30 PM GBS       | OFF    | 10 AM-12 PM GBS    | 5:15-7 PM GBN | 5-7:15 PM GBN                           |
| GOLD SKILL              |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | DryLand | OFF           | 7-7:45 PM GBN                     | OFF  | OFF                         | 5:15-6 PM GBS       | OFF    | OFF                | OFF           | 7-7:45 PM GBN                           |
|                         | POOL    | 7-8:30 PM GBN | 7:45-9 PM GBN                     | OFF  | OFF                         | 6-7:30 PM GBS       | OFF    | 10 AM-12 PM GBS    | 7-8:30 PM GBN | 7-9 PM GBN                              |
| GOLD COND               |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | AM Pool | OFF           | OFF                               | OFF  | OFF                         | OFF                 | OFF    | OFF                | OFF           | 5:45-7 AM GBN                           |
|                         | DryLand | 5:15-6 PM GBS | OFF                               | 4:45-5:30 PM GBN                                   | OFF                         | 4:45-5:30 PM GBN    | OFF    | OFF                | 5:15-6 PM GBS | OFF                                     |
|                         | PM Pool | 6-8 PM GBS    | 7-9 PM GBN                        | 5:30-7:30 PM GBN                                   | OFF                         | 5:30-7:30 PM GBN    | OFF    | 10-12:30 PM GBN    | 6-8 PM GBS    | 7-9 PM GBN                              |
| GOLD EXTREME            |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | AM Pool | OFF           | OFF                               | OFF  | OFF                         | OFF                 | OFF    | OFF                | OFF           | 5:45-7 AM GBN                           |
|                         | DryLand | 5:15-6 PM GBS | OFF                               | 4:45-5:30 PM GBN                                   | OFF                         | 4:45-5:30 PM GBN    | OFF    | OFF                | 5:15-6 PM GBS | OFF                                     |
|                         | PM Pool | 6-8 PM GBS    | 7-9 PM GBN                        | 5:30-7:30 PM GBN                                   | OFF                         | 5:30-7:30 PM GBN    | OFF    | 10-12:30 PM GBN    | 6-8 PM GBS    | 7-9 PM GBN                              |
| MASTERS                 |         | MON           | TUES                              | WED  | THURS                       | FRI                 | SAT    | SUN                | MON           | TUES                                    |
|                         | Pool    | 8-9 PM GBS    | 9-10 PM GBN                       | 8-9 PM GBS   | 8-9 PM GBN                  | OFF                 | OFF    | 8:30-10 AM GBN     | 8-9 PM GBS    | 9-10 PM GBN                             |
| <i>Daily Happenings</i> |         |               | Keifer Fit Day @ GBN<br>4:30-7:30 | TURN IN YOUR USA MEET SIGN-UP SHEET TO YOUR COACH! | GBN Girls Home Meet vs. GBS | Happy Rosh Hashanah |        |                    |               | GOLD COND & EXTREME AM PRACTICES BEGIN! |

Be sure to call the Info line daily to double check practices times-Call 847-509-3420 after school (after 3:00 PM) each day!

GBS HAS TWO POOLS, PLEASE BE SURE TO CHECK WITH YOUR COACHES UPON ENTERING FROM THE LOCKER-ROOMS TO SEE WHAT POOL YOUR GROUP IS PRACTICING IN EACH NIGHT!

PARENTS: YOU MUST PICK-UP AND DROP OFF YOUR SWIMMERS ON THE SOUTH SIDE OF THE SCHOOL ONLY! THE EXECUTIVE LOT ON THE NORTH SIDE BY THE TENNIS COURT IS OFF LIMITS TO GLENBROOK AQUATICS PARENT PICK-UP AND DROP OFF!  
FOR YOUR COOPERATION WITH THIS MATTER!

**KEIFER FIT EVENING AT GBN ON 9/15/09, ORDER ALL SUITS, SWIM GEAR, PERSONALIZED CAPS BEFORE OR AFTER YOUR PRACTICE IN THE POOL HALL. IF UNABLE TO ATTEND BE SURE TO GO TO THE KEIFER STORE BEFORE 9/15/09 TO GET YOUR ORDER IN.**

|                  |
|------------------|
|                  |
| <b>23-Sep</b>    |
| <b>WED</b>       |
| 5:45-7 PM GBS    |
| <b>WED</b>       |
| 6:45-8:15 PM GBS |
| <b>WED</b>       |
| OFF              |
| 4:15-6 PM GBN    |
| <b>WED</b>       |
| OFF              |
| OFF              |
| <b>WED</b>       |
| OFF              |
| 4:45-5:30 PM GBN |
| 5:30-7:30 PM GBN |
| <b>WED</b>       |
| OFF              |
| 4:45-5:30 PM GBN |
| 5:30-7:30 PM GBN |
| <b>WED</b>       |
| 8-9 PM GBS       |
|                  |

COUP WILL BE

(TEACHERS)  
THANK YOU

’  
**/AY. IF  
ET YOUR**

\_\_\_\_\_