

February 2012

Thunderbirds Swim Team

We Don't Just Swim We Fly

Enjoy your time off for President's Week
but don't forget to exercise!

*Push ups

*Sit ups

*Plank

*Lunges

*Squats

*Jumping jacks

*Leg lifts

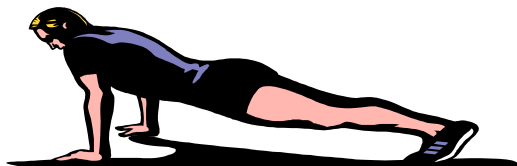
*V-Ups






*Dips

*Running

*Stairs

***SWIMMING!!!! (duh)**



Sun	Mon	Tue	Wed	Thu
		1	1	2
			REGULAR PRACTICE	REGULAR PRACTICE
5	6	7	8	9
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE
12	13	14	15	16
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE
19	20	21	22	23
NO PRACTICE 	NO PRACTICE 	NO PRACTICE 	NO PRACTICE 	NO PRACTICE 
26	27	28	29	
REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	REGULAR PRACTICE	

The Jewish Community Center in Manhattan

The Samuel Priest Rose Building
334 Amsterdam Ave. @ 76th St.
New York, NY 10023
jccmanhattan.org
646.505.5712



March 2012

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CHAMPIONSHIPS 2012

Mark your calendars (if you haven't already)...

Sunday, April 1, 2012



Sun	Mon	Tue	Wed	Thu
				1 REGULAR PRACTICE
Away vs. Suffolk 4	REGULAR PRACTICE 5	REGULAR PRACTICE 6	REGULAR PRACTICE 7	REGULAR PRACTICE 8
Home vs. Oceanside 11	REGULAR PRACTICE 12	REGULAR PRACTICE 13	REGULAR PRACTICE 14	REGULAR PRACTICE 15
REGULAR PRACTICE 18	REGULAR PRACTICE 19	REGULAR PRACTICE 20	REGULAR PRACTICE 21	REGULAR PRACTICE 22
Away vs. Barracudas 25	REGULAR PRACTICE 26	REGULAR PRACTICE 27	REGULAR PRACTICE 28	REGULAR PRACTICE 29

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