

## ABLE BODIED SEAMAN TO MATE PROGRAMS

### JANUARY 2009 START DATE

JANUARY 2009					FEBRUARY 2009				MARCH 2009			
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
29-2	5-9	12-16	19-23	26-30	2-6	9-13	16-20	23-27	2-6	9-13	16-20	23-27
TCNAV 15-DAYS 5-23		EP/SAR 3/2 DAYS 26-28 & 29-30		GMDSS   GMDSS   GMDSS TOTAL OF 10 DAYS** 2-6   9-13   16-20 <i>Lecture</i>   <i>Lab 1</i>   <i>Lab 2</i>			ROP 5 DAYS 23-27	WX BAS 5 DAYS 2-6	ARPA 4 DAYS 10-13	ENAV 5 DAYS 16-20	CNAV 10 DAYS 23-3	
APRIL 2009					MAY 2009				JUNE 2009			
WEEK 14	WEEK 15	WEEK 16	WEEK 17	WEEK 18	WEEK 19	WEEK 20	WEEK 21	WEEK 22	WEEK 23	WEEK 24	WEEK 25	WEEK 26
30-3	6-10	13-17	20-24	27-1	4-8	11-15	18-22	25-29	1-5	8-12	15-19	22-26
CNAV 10 DAYS 23-3	STB BAS 5 DAYS 6-10	CHS BAS 5 DAYS 13-17	MED PRO 5 DAYS 20-24	SHS BAS 5 DAYS 27-1	WKP BAS 10-DAYS 4-15		SHS ASSESS 2 DAYS 18-19 OR 20-21 FL 22nd	FF ADV 4 DAYS 26-29	LICENSE PREPARATION 15-DAYS 1-19			MED PIC 5 DAYS (elective)

\*Note Holiday Allowance in Schedule and Plan Accordingly  
 \*\*All students will attend lecture week and one of two lab weeks for a total of 10 days of training

### JUNE 2009 START DATE

JUNE 2009	JULY 2009				AUGUST 2009				SEPTEMBER 2009			
WEEK 27	WEEK 28	WEEK 29	WEEK 30	WEEK 31	WEEK 32	WEEK 33	WEEK 34	WEEK 35	WEEK 36	WEEK 37	WEEK 38	WEEK 39
30-3	6-10	13-17	20-24	27-31	3-7	10-14	17-21	24-28	31-4	7-11	14-18	21-25
FF ADV 4 DAYS 30-2	TCNAV 15-DAYS 6-24		EP/SAR 3/2 DAYS 27-29 & 30-31		GMDSS   GMDSS   GMDSS TOTAL OF 10 DAYS** 3-7   10-14   17-21 <i>Lecture</i>   <i>Lab 1</i>   <i>Lab 2</i>			ROP 5 DAYS 24-28	WX BAS 5 DAYS 31-4	ARPA 4 DAYS 8-11	ENAV 5 DAYS 14-18	CNAV 10 DAYS 21-2
OCTOBER 2009					NOVEMBER 2009				DECEMBER 2009			
WEEK 40	WEEK 41	WEEK 42	WEEK 43	WEEK 44	WEEK 45	WEEK 46	WEEK 47	WEEK 48	WEEK 49	WEEK 50	WEEK 51	WEEK 52
28-2	5-9	12-16	19-23	26-30	2-6	9-13	16-20	23-27	30-4	7-11	14-18	21-25
CNAV 10 DAYS 21-2	STB BAS 5 DAYS 5-9	CHS BAS 5 DAYS 12-16	SHS BAS 5 DAYS 19-23	MED PRO 5 DAYS 26-30	WKP BAS 10-DAYS 2-13		SHS ASSESS 2 DAYS 18-19 OR 20-21 FL 22nd		LICENSE PREPARATION 15-DAYS 30-18			

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