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| **October 2017** | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **8** | **9** | **10** | **11** | **12**  Registration 5:30-6:30pm  New swimmer demo 6:00pm | **13** | **14** |
| **15** | **16**  6:30-7:30 “C”  7:30-8:30 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **17**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **18**  6:30-7:30 “D”  7:00-7:30 dryland “A”  7:30-8:30 “B”  7:30-9:00 “A” | **19**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **20**  **No practice**  **High school football game** | **21** |
| **22** | **23**  6:30-7:30 “C”  7:30-8:30 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **24**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **25**  6:30-7:30 “D”  7:00-7:30 dryland “A”  7:30-8:30 “B”  7:30-9:00 “A” | **26**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **27**  6:15-7:15 “D”  7:15-8:15 “C” | **28** |
| **29** | **30**  6:30-7:30 “C”  7:30-8:30 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **31**  No Practice |  |  |  |  |

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| **November 2017** | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  | **1**  6:30-7:30 “D”  7:00-7:30 dryland “A”  7:30-8:30 “B”  7:30-9:00 “A” | **2**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **3**  **No practice**  **High school football game** | **4** |
| **5** | **6**  6:30-7:30 “C”  7:30-8:30 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **7**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **8**  6:30-7:30 “D”  7:00-7:30 dryland “A”  7:30-8:30 “B”  7:30-9:00 “A” | **9**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **10**  6:15-7:00 “D”  7:00-7:45 “C”  7:15-7:45 dryland “A”  7:45-8:45 “B”  7:45-8:45 “A” | **11**  **Swim meet @ South Western check in 7:45**  **warm up 8:00**  **meet starts 8:30** |
| **12** | **13**  6:30-7:30 “C”  7:30-8:30 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **14**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **15**  6:30-7:30 “D”  7:00-7:30 dryland “A”  7:30-8:30 “B”  7:30-9:00 “A” | **16**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **17 (**13-14 parents set up @ 8:00)  6:15-7:00 “D”  7:00-7:45 “C”  7:15-7:45 dryland “A”  7:45-8:45 “B”  7:45-8:45 “A” | **18**  **Swim meet @ YS**  **Check in 7:15**  **Warm up 8:00**  **Meet starts 8:30** |
| **19** | **20**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **21**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **22**  **NO PRACTICE** | **23**  **NO PRACTICE** | **24**  **NO PRACTICE** | **25**  **YS 10 and under invitational meet** |
| **26** | **27**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **28**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **29**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **30**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” |  |  |

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| **DECEMBER 2017** | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | **1**  6:15-7:00 “D”  7:00-7:45 “C”  7:15-7:45 dryland “A”  7:45-8:45 “B”  7:45-8:45 “A” | **2** |
| **3** | **4**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **5**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **6**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **7**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **8**  6:15-7:15 “C”  7:15-8:15 “B”  6:45-7:15 dryland “A”  7:15-8:30 “A” | **9**  **Swim meet @ Spring Grove**  Check in 7:45  Warm up 8:00  Meet starts 8:30 |
| **10** | **11**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **12**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **13**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **14**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **15** (11-12 parents set up 8:00)  6:15-7:00 “D”  7:00-7:45 “C”  7:15-7:45 dryland “A”  7:45-8:45 “B”  7:45-8:45 “A” | **16**  **Swim meet @ YS**  Check in 7:15  Warm up 7:30  Meet starts 8:30 |
| **17**  **Invitational at Northeastern** | **18**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **19**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **20**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **21**  **No practice**  **High school swim meet** | **22**  **NO PRACTICE** | **23** |
| **24** | **25**  **NO PRACTICE** | **26**  **NO PRACTICE** | **27**  **TBA** | **28**  **TBA** | **29**  **TBA** | **30** |

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| **January 2018** | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | **1**  **NO PRACTICE** | **2**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **3**  Team Picture nite  8:00-9:15 “A & B” | **4**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **5**  6:15-7:15 “C”  7:15-8:15 “B”  6:45-7:15 dryland “A”  7:15-8:30 “A” | **6** |
| **7** | **8**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **9**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **10**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **11**  **No practice**  **High school swim meet** | **12** (9-10 parents set up @ 7:00)  6:15-7:00 “D”  7:00-7:45 “C”  7:15-7:45 dryland “A”  7:45-8:45 “B”  7:45-8:45 “A” | **13**  **Swim meet @ YS**  Check in 7:15  Warm up 7:30  Meet starts 8:00 |
| **14**  **Invitational at Dover** | **15**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **16**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **17**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **18**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **19**  6:15-7:15 “C”  7:15-8:15 “B”  6:45-7:15 dryland “A”  7:15-8:30 “A” | **20**  **Swim meet @ Red Lion**  Check in 7:45  Warm up 8:00  Meet starts 8:30 |
| **21** | **22**  6:45-7:45 “C”  7:45-8:45 “B”  7:15-7:45 dryland “A”  7:45-9:00 “A” | **23**  6:30-7:15 “D”  7:15-8:15 “C”  7:45-8:15 dryland “A&B”  8:15-9:15 “B”  8:15-9:15 “A” | **24**  6:45-7:45 “D”  7:45-8:45 “B”  7:00-7:30 dryland “A”  7:30-9:00 “A” | **25**  **No practice**  **High school swim meet** | **26**  6:15-7:00 “D”  7:00-7:45 “C”  7:15-7:45 dryland “A”  7:45-8:45 “B”  7:45-8:45 “A” | **27** |
| **28** | **29**  6:45-7:45 “C”  7:45-8:45 “B”  7:45-8:45 “A” | **30**  6:30-7:15 “D”  7:15-8:15 “C”  8:15-9:15 “B”  8:15-9:15 “A” | **31**  6:45-7:45 “D”  7:45-8:45 “B”  7:45-8:45 “A” |  |  |  |
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| **February 2018** | | | | | | |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | **1**  **No practice**  **Highs school swim meet** | **2**  6:15-7:00 “C”  7:00-7:45 “B”  7:00-7:45 “A” | **3**  **Championships @ Northeastern** |
| **4**  **All Stars @ Spring Grove** | **5** | **6** | **7** | **8** | **9** | **10** |
| **11** | **12** |  |  |  |  |  |
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