|  |
| --- |
| **October 2017** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **8** | **9** | **10** | **11** | **12**Registration 5:30-6:30pmNew 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 |  |  |  |  |

|  |
| --- |
| **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” |  |  |

|  |
| --- |
| **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 7:45Warm up 8:00Meet 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 7:15Warm up 7:30Meet 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** |

|  |
| --- |
| **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 nite8:00-9:15 “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 7:15Warm up 7:30Meet 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 7:45Warm up 8:00Meet 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” |  |  |  |
|  |  |  |  |  |  |  |

|  |
| --- |
| **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** |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |