

September, 2010

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	Groups: PJ: Pre-Junior J: Juniors PS: Pre-Seniors	Workout Code: D: Dry-land W: In-water	1 PJ & J: D 6-6:30, W: 6:30-7:45	2 PJ & J: D 6-6:30, W: 6:30-7:45	3 PJ & J: D 6-6:30, W: 6:30-7:45	4
5	6 No Practice Labor Day!!! Grill & Be Happy ☺	7 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 7-7:45 <u>Ice Cream Social 7:15 PM</u>	8 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	9 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	10 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	11
12	13 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	14 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	15 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	16 PS, PJ & J: D 6-6:30, W 6:30-7:45	17 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	18
19	20 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	21 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	22 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	23 No Practice!!! Due to live TV coverage of football game.	24 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	25
26 Fall Festival Meet #1	27 No Practice!!!	28 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	29 PS: W 5-6:30, D 6:30-7 PJ & J: D 6-6:30, W 6:30-7:45	30 PS, PJ & J: D 6-6:30, W 6:30-7:45	Oct 1 No Practice!!! Due to live coverage of football game.	Oct 2 PS/ JR/ PJ: 12:30 to 2:00 PM