

Central Iowa Aquatics: 2009 November Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central Age Group: 10- 11:30 AM Senior: 10 AM – 12 noon</p> <p>Girls State High School Champs</p>
8	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Morning 5:30 – 7:00 am</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>USA Swimming Grand Prix</p> <p>DMSF Fall Invite</p>	<p>NO Practice</p> <p>USA Swimming Grand Prix</p> <p>DMSF Fall Invite</p>
15 USA Swimming Grand Prix DMSF Fall Invite	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p> <p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM</p> <p>Columbia Swim Club Fall Invite</p>	<p>Central Age Group: 10- 11:30 AM Senior: 10 AM – 12 noon</p> <p>Living History Farms Road Race</p> <p>Columbia Swim Club Fall Invite</p> <p>CRAA Harvest Invite</p>
22 Columbia Swim Club Fall	<p>Central: Morning: 5:30-7:00 AM</p> <p>Urbandale:</p>	<p>Central: Age Group: 4:30-6:00 PM Senior: 4:30-6:30 PM</p>	<p>Central: Morning 5:30-7:00 AM</p> <p>Urbandale: Intro</p>	26 Happy Thanks-giving	27 Practice time and	28 Practice time and

<p>Invite</p> <p>CRAA Harvest Invite</p>	<p>Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>	<p>No Practice</p>	<p>location to be announced</p>	<p>location to be announced</p>
<p>29</p>	<p>30</p> <p>Central: Morning: 5:30-7:00 AM Urbandale: Intro 4:00-5:00 pm Age Group: 4:00-5:30 PM Senior: 4:00-6:00 PM Central: Age Group: 6:30-8:00 PM Senior: 6:30-8:30 PM</p>					