

Gael Aquatic Club

December, 2008 revised

S	M	T	W	T	F	S	
KEY: BRZ = Bronze SLV = Silver SEN = Senior	1 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	2 COLLEGE MEET IN POOL ALL OFF	3 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	4 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	5 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	6 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30	
7 GAEL 8/UNDER USA MEET AT IONA DETAILS TBA	8 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	9 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	10 GRAND PRIX#4 DISTANCE FR ALL 12/u MUST GO! PAR V'TER RQD 4:30-6:00 SEN-6:00-7:30	11 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	12 ALL OFF HOLIDAY MEET AT SO. CT STATE UNIV., NEW HAVEN DETAILS TBA	13 ALL OFF HOLIDAY MEET AT SO. CT STATE UNIV., NEW HAVEN DETAILS TBA	
14 ALL OFF HOLIDAY MEET AT SO. CT STATE UNIV., NEW HAVEN DETAILS TBA	15 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	16 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	17 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	18 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	19 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	20 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30	
21 OFF	22 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	23 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	24 OFF	25 ALL OFF MERRY CHRISTMAS	26 OFF	27 GOLD+SENIOR ONLY 8:00-10:00am	
28 TBA	29 GOLD+SENIOR 8:00-10:00am BRZ+SILVER 10:00-11:00am	30 GOLD+SENIOR 8:00-10:00am BRZ+SILVER 10:00-11:00am	31 OFF	A circled date indicates something special or different than the "normal" schedule.			
				Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com			

Gael Aquatic Club

January, 2009

S	M	T	W	T	F	S
<p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p>				① OFF HAPPY NEW YEAR!	② OFF	3 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
④ OFF	5 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	6 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	7 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	8 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	⑨ BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-6:00* *EARLY END B-BALL GAME	10 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
⑪ OFF	12 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	13 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	14 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	⑮ SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-6:00pm* *EARLY END B-BALL GAME	16 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	17 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
⑮ USA MEET AT MT. KISCO BGC/AGE GROUP QUALIFIER DETAILS TBA	⑲ <u>MLK DAY!</u> SENIOR & GOLD ONLY 4:30-6:30pm	20 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	21 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	⑳ COLLEGE MEET IN POOL ALL OFF	23 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	24 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
25 OFF	26 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	⑳ COLLEGE MEET IN POOL ALL OFF	28 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	29 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	⑳ BRZ/SLV: 4:30-5:30 GOLD & SENIOR 4:30-600* *COLLEGE MEET IN POOL	㉑ ALL OFF COLLEGE MEET IN POOL
<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>			<p>A circled date indicates something special or different than the "normal" schedule.</p>			

Gael Aquatic Club

February, 2009

S	M	T	W	T	F	S
1 OFF	2 BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-6:00* EARLY END BBALL GAME	3 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	4 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	5 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	6 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	7 STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 USA MEET AT NY SHARKS FELIX FESTA NYACK, NY
8 USA MEET AT FELIX FESTA POOL NYACK, NY DETAILS TBA	9 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	10 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	11 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	12 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	13 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	14 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
15 OFF	16 PRESIDENTS DAY ALL OFF	17 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	18 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	19 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	20 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	21 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
22 NO PRACTICE SR. MET CHAMPS DETAILS TBA	23 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	24 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	25 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	26 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	27 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	28 GOLD+SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30
<div style="border: 1px solid black; padding: 5px;"> <p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p> </div>		<div style="border: 1px solid black; padding: 5px;"> <p>FEB. 19-22 --> SR. MET CHAMPS AT LEHMAN COL. DETAILS TBA FEB 27-MAR 1--> METRO ZONE QUALIFIER MEET AT LEHMAN CO. DETAILS TBA</p> </div>				
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p> </div>						

Gael Aquatic Club

March, 2009

S	M	T	W	T	F	S
① METRO ZONE QUALIFIER MEET DETAILS TBA	2 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	3 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	4 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	5 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	⑥ SILVER CHAMPS AT VIKING AC MONTGOMERY, NY DETAILS TBA NO PRACTICES	⑦ SILVER CHAMPS AT VIKING AC ONLY STARFISH 9:00-10:00AM
⑧ SILVER CHAMPS AT VIKING AC MONTGOMERY, NY DETAILS TBA NO PRACTICES	9 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	10 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	11 STARFISH: 4:30-5:30 BRZ-4:30-5:30 SEN-5:30-7:30	12 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	13 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	⑭ GOLD+SENIOR 7:00-9:00am METRO 8/U CHAMPS AT LEHMAN COL DETAILS TBA NO PRACT.
⑮ METRO 8/U CHAMPS AT LEHMAN COL DETAILS TBA NO PRACT.	16 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	17 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	18 BRZ-4:30-5:30 SEN-5:30-7:30	19 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	20 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:00-7:00	21 GOLD+SENIOR 7:00-9:00am BRZ+SLV: 9:00-10:30am
⑳ OFF	23 BRZ-4:30-5:30 GOLD-430-6:00 SEN-530-7:30	24 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	25 BRZ-4:30-5:30 SEN-5:30-7:30	26 SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	㉑ METRO JR OLYMPIC CHAMPS AT EISENHOWER PARK, LONG ISLAND NO PRACT.	㉒ METRO JR OLYMPIC CHAMPS AT EISENHOWER PARK, LONG ISLAND NO PRACT.
㉓ METRO JR OLYMPIC CHAMPS AT EISENHOWER PARK, LONG ISLAND NO PRACT.	㉔ NEW SPRING SCHEDULE IN EFFECT! BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00p	㉕ SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	KEY: BRZ = Bronze SLV = Silver SEN = Senior	The final Starfish session of the season is <u>March 7th</u> . Spring Practice Schedule takes effect March 30-May 25, 2009		
Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com			A circled date indicates something special or different than the "normal" schedule.			

Gael Aquatic Club

April, 2009

S	M	T	W	T	F	S
			1 BRZ-4:30-5:30 SEN-5:00-7:00	2 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	3 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:30-7:00	4 GOLD+SENIOR 7:00-9:00am BRZ+SLV: 8:30-10:00am
5 OFF	6 BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	7 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	8 BRZ-4:30-5:30 SEN-5:00-7:00	9 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	10 EASTER BREAK	11 EASTER BREAK
12 EASTER BREAK	13 EASTER BREAK	14 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	15 BRZ-4:30-5:30 SEN-5:00-7:00	16 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	17 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:30-7:00	18 GOLD+SENIOR 7:00-9:00am BRZ+SLV: 8:30-10:00am
19 OFF	20 BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	21 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	22 BRZ-4:30-5:30 SEN-5:00-7:00	23 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	24 BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:30-7:00	25 GOLD+SENIOR 7:00-9:00am BRZ+SLV: 8:30-10:00am
26 OFF	27 BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	28 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	29 BRZ-4:30-5:30 SEN-5:00-7:00	30 SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm		
Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com			A circled date indicates something special or different than the "normal" schedule.			

Gael Aquatic Club

May, 2009

S	M	T	W	T	F	S
KEY: BRZ = Bronze SLV = Silver SEN = Senior		Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com			1	2
					BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:30-7:00	TBA
③	4	5	6	7	8	9
OFF	BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	BRZ-4:30-5:30 SEN-5:00-7:00	SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:30-7:00	TBA
⑩	11	12	13	14	15	16
OFF	BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	BRZ-4:30-5:30 SEN-5:00-7:00	SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-430-600 SEN-5:30-7:00	TBA
17	18	19	20	21	⑫	⑬
OFF	BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	BRZ-4:30-5:30 SEN-5:00-7:00	SLV-4:30-5:30 GOLD+SENIOR 5:00-7:00pm	OFF	OFF
24	⑭	26	27	28	29	30
OFF	MEMORIAL DAY OFF	GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	BRZ-4:00-5:00 SEN-4:00-6:00	GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	BRZ+SILVER 4:00-5:00pm GOLD+SENIOR 4:30-6:00pm	TBA
31	Note! Adjusted practice schedule from May 26-June 20th.			A circled date indicates something special or different than the "normal" schedule.		
OFF						

Gael Aquatic Club

June, 2009

S	M	T	W	T	F	S
	1 BRZ-4:30-5:30 GOLD-430-6:00 SEN-500-7:00	2 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	3 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	4 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	5 BRZ/SLV: 4:00-5:00 GOLD+SENIOR 4:30-6:00pm	6 TBA
7 OFF	8 BRZ-4:00-5:00 GOLD+SENIOR 4:30-6:00pm	9 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	10 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	11 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	12 BRZ/SLV: 4:00-5:00 GOLD+SENIOR 4:30-6:00pm	13 TBA
14 OFF	15 BRZ-4:00-5:00 GOLD+SENIOR 4:30-6:00pm	16 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	17 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	18 GOLD+SENIOR 4:00-6:00pm SILVER: 4:00-5:00pm	19 BRZ/SLV: 4:00-5:00 GOLD+SENIOR 4:30-6:00pm	20 TBA
21 SUMMER SCHEDULE STARTS--->	22 GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	23 GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	24 GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	25 GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	26 OFF	27 PITS or MEET INFO TBA
28 OFF	29 GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	30 GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	KEY: BRZ = Bronze SLV = Silver SEN = Senior	Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com		
Note! Adjusted practice schedule from May 26-June 20th.			A circled date indicates something special or different than the "normal" schedule.			

Gael Aquatic Club

July, 2009

S	M	T	W	T	F	S
<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: bhansbury@gaelac.com ncavataro@gaelac.com web site -> www.gaelac.com</p>			1	2	3	4
			GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	OFF	OFF
5	6	7	8	9	10	11
OFF	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	OFF	OFF
12	13	14	15	16	17	18
OFF	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	OFF	OFF
19	20	21	22	23	24	25
OFF	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	OFF	OFF
26	27	28	29	30	31	
OFF	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	GOLD+SENIOR 7:00-9:00am BRZ+SILVER 8:00-9:00am	OFF	<p>KEY: BRZ = Bronze SLV = Silver SEN = Senior</p>
<p>Note! Metro Jr Olympic and Sr Met Long Course Championships date not available as of print date (12-22-08)</p>			<p>A circled date indicates something special or different than the "normal" schedule.</p>			