

Gael Aquatic Club

November, 2009

| S | M | T | W | T | F | S | |
|--|--|---|---|--|---|---|--|
| ① ALL OFF HAPPY HALLOWEEN | 2 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | 3 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 4 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30 | 5 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | ⑥ BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 NY SHARKS MEET | ⑦ STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 NY SHARKS MEET | |
| ⑧ NY SHARKS MEET | 9 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | 10 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | ⑪ GAEL 9/Over Home Meet Details to Follow | 12 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | 13 BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 | ⑭ GAEL 9/Over Home Meet Details to Follow | |
| ⑮ GAEL 9/Over Home Meet Details to Follow | 16 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | 17 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | ⑰ <u>Grand Prix 3</u> Free & IM 4:30-6:00 All Swimmer 12/Under Sr/P-Sr 6:00-7:30 | 19 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | ⑳ BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 CONDORS MEET DETAILS TO FOLLOW | ㉑ No Sessions COLLEGE MEET CONDORS MEET DETAILS TO FOLLOW | |
| ㉒ CONDORS MEET DETAILS TO FOLLOW | 23 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | 24 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | ㉕ ALL OFF | ㉖ ALL OFF HAPPY TURKEY DAY | ㉗ ALL OFF | ㉘ GOLD+P-SR+ SENIOR 9:00-11:00am | |
| ㉙ SR/ Pre-Sr SENIOR 9:00-11:00 | 30 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | A circled date indicates something special or different than the "normal" schedule. | | | | | |
| | KEY: BRZ = Bronze SLV = Silver P-SR =PreSr SEN = Senior | | | Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: jhansbury@iona.edu ncavataro@iona.edu web site -> www.gaelac.com | | | |

Gael Aquatic Club December, 2009

| S | M | T | W | T | F | S |
|---|--|---|--|---|---|--|
| Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: jhansbury@iona.edu ncavataro@iona.edu | | 1 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 2 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30 | 3 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | 4 BRZ/SLV: 4:30-5:30 GOLD-500-6:00 No other BB-GAME | 5 GOLD+P-SR+ SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 |
| 6 GAEL HOME MEET 8/UNDERS GIRLS - AM BOYS - PM | 7 Sr/ Pr-Sr 4:30-6:00 ONLY HOME B-BALL GAME NO OTHER GROUPS | 8 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 9 STARFISH: 4:30-5:30 BRZ-4:30-5:30 HOME B-BALL NO OTHER GROUPS | 10 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | 11 BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 ANNAPOLIS MEET DETAILS TO FOLLOW | 12 STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 ANNAPOLIS MEET DETAILS TO FOLLOW |
| 13 ANNAPOLIS MEET DETAILS TO FOLLOW | 14 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30 | 15 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 16 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30 | 17 SLV-4:30-5:30 GOLD-4:30-530 SENIOR 5:00-6:30pm EARLY END B-BALL | 18 GAEL X-MAS PARTY 4:30-6:30 All Invited BRING A DESSERT PIZZA FOR | 19 GOLD+P-SR+ SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 |
| 20 All OFF | 21 BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SEN-530-7:30 | 22 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 23 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30 | 24 All OFF | 25 All OFF MERRY X-MAS | 26 All OFF |
| 27 All OFF | 28 TBA | 29 TBA | 30 TBA | 31 All OFF New Years Eve <u>Resolution</u> <u>SWIM FAST</u> | KEY: BRZ = Bronze SLV = Silver P-SR = PreSr SEN = Senior | |
| **Due to B-BALL Home Schedule we have some modified days, Dec. 4,7,9 and 17th. please be advised these dates are modified from regular our schedule.** | | | | A circled date indicates something special or different than the "normal" schedule. | | |

Gael Aquatic Club

January, 2010

| S | M | T | W | T | F | S |
|--------------------------------------|--|--|--|--|---|---|
| | Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: jhansbury@iona.edu ncavataro@iona.edu | | | | ① ALL OFF HAPPY NEW YEARS | 2 ALL OFF |
| 3 SR/PRE-SR 9:00-11:00 AM | 4 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | 5 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 6 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30 | 7 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | ⑧ BRZ/SLV: 4:30-5:30 GOLD-5:00-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 YMID LADIES NIGHT OUT | ⑨ ALL OFF CONDORS BALOOM BASH 8 UNDER MEET |
| 10 ALL OFF | 11 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | ⑫ SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:30-7:00pm | ⑬ STARFISH: 4:30-5:30 BRZ OFF P-SR-5:30-7:00 SEN-5:30-7:30 | ⑭ SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:30-7:00pm | 15 BRZ/SLV: 4:30-5:30 GOLD-5:00-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 | 16 GOLD+P-SR+ SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 |
| 17 All OFF | ⑮ ALL OFF MLK DAY | 19 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 20 STARFISH: 4:30-5:30 BRZ-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:30 | 21 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | 22 BRZ/SLV: 4:30-5:30 GOLD-5:00-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 | ⑳ GOLD+P-SR+ SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 MARLINS LAST CHANCE MEET |
| ㉑ MARLINS LAST CHANCE MEET | 25 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR-6:00-7:30 SEN-5:30-7:30 | 26 SLV-4:30-5:30 GOLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm | 27 GRAND PRIX #4 4:30-6:00 SR/PR-SR 6:00-7:30 | 28 SLV-4:30-5:30 GOLD-4:30-6:00 SENIOR 5:00-7:00pm | 29 BRZ/SLV: 4:30-5:30 GOLD-5:00-6:30 P-SR-5:30-7:00 SEN-5:30-7:00 | 30 GOLD+P-SR+ SENIOR 7:00-9:00am STARFISH: 9:00-10:00am BRZ+SLV: 10:00-11:30 |
| 31 | A circled date indicates something special or different than the "normal" schedule. | | | | | KEY: BRZ = Bronze SLV = Silver P-SR = PreSr SEN = Senior |