

EXPRESS SWIM TEAM

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Groups SN-SuperNOVA BZ-Bronze SV-Silver G/SR-Gold/Senior RX-RecExpress	Locations: 5 Seasons FMC	1		3		5
6	7 LABOR DAY	8	9 @ 5 Seasons SN-No Practice BZ-8:15-9:00 PM SV-8:15-9:30 PM G/SR-No Practice RX-No Practice	10 No Practice	11 @ 5 Seasons SN-4:30-5:15 PM BZ-No Practice SV-4:30-6:00 PM G/SR-No Practice RX-5:15-6:00 PM	12 SN-9-10:15 (FMC) BZ-12:30-1:15 (FMC) SV-12:30-2 (FMC) G/SR-12:30-2:15(FMC) RX-9-10:15 (5 Seasons)
13 @ FMC SN-1:30-2:15 (FMC) BZ-12:30-1:30 (FMC) SV-12:30-1:30 (FMC) G/SR-12:30-2:15(FMC) RX-1:30-2:15 (FMC)	14 @ 5 Seasons SN-No Practice BZ-8:15-9:30 PM SV-No Practice G/SR-8:15-9:30 PM RX-No Practice	15 @ FMC SN-8:05-9 PM (FMC) BZ-No Practice SV-8:05-9:30 P(FMC) G/SR-8:05-9:50P (FMC) RX-No Practice	16 SN-No Practice BZ-8:15-9:30 (5 Seas) SV-8:15-9:30 (5 Seas) G/SR-6-7:15 AM (FMC) RX-No Practice	17 No Practice	18 @ 5 Seasons SN-4:30-5:15 PM BZ-No Practice SV-4:30-6:00 PM G/SR-No Practice RX-5:15-6:00 PM	19 SN-9-10:15 (FMC) BZ-12:30-1:15 (FMC) SV-12:30-2 (FMC) G/SR-12:30-2:15(FMC) RX-9-10:15 (5 Seasons)
20 @ FMC SN-1:30-2:15 (FMC) BZ-12:30-1:30 (FMC) SV-12:30-1:30 (FMC) G/SR-12:30-2:15(FMC) RX-1:30-2:15 (FMC)	21 @ 5 Seasons SN-No Practice BZ-8:15-9:30 PM SV-No Practice G/SR-8:15-9:30 PM RX-No Practice	22 @ FMC SN-8:05-9 PM (FMC) BZ-No Practice SV-8:05-9:30 P(FMC) G/SR-8:05-9:50P (FMC) RX-No Practice	23 SN-No Practice BZ-8:15-9:30 (5 Seas) SV-8:15-9:30 (5 Seas) G/SR-6-7:15 AM (FMC) RX-No Practice	24 No Practice	25 @ 5 Seasons SN-4:30-5:15 PM BZ-No Practice SV-4:30-6:00 PM G/SR-No Practice RX-5:15-6:00 PM	26 SN-9-10:15 (FMC) BZ-12:30-1:15 (FMC) SV-12:30-2 (FMC) G/SR-12:30-2:15(FMC) RX-9-10:15 (5 Seasons)
27 @ FMC SN-1:30-2:15 (FMC) BZ-12:30-1:30 (FMC) SV-12:30-1:30 (FMC) G/SR-12:30-2:15(FMC) RX-1:30-2:15 (FMC)	28 @ 5 Seasons SN-No Practice BZ-8:15-9:30 PM SV-No Practice G/SR-8:15-9:30 PM RX-No Practice	29 @ FMC SN-8:05-9 PM (FMC) BZ-No Practice SV-8:05-9:30 P(FMC) G/SR-8:05-9:50P (FMC) RX-No Practice	30 SN-No Practice BZ-8:15-9:30 (5 Seas) SV-8:15-9:30 (5 Seas) G/SR-6-7:15 AM (FMC) RX-No Practice		SwimExpress.com	