

# EXPRESS SWIM TEAM

## September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Pools</b>  <b>Downers North</b> <b>Downers South</b>	<b>Groups</b>  <b>SN-SuperNOVA</b> <b>SV-Silver</b> <b>G-Gold</b>			1	2	3
4	5	6	7	8 <b>STROKE CLINIC</b> <b>@ NORTH</b>  8 & U—6-7 9 & Over—6-7:30	9 <b>SROKE CLINIC</b> <b>@ SOUTH</b>  8 & U—6-7 9 & Over—6-7:30	10
11	12 @ NORTH  SN-6:00-7:00 SV-6:00-7:15 G—6:00-7:30	13 @ SOUTH  SN-6:00-7:00 SV-6:00-7:15 G-6:00-7:30	14 @ NORTH  SN-6:00-7:00 SV-6:00-7:15 G-6:00-7:30	15 @ NORTH  <b>NO PRACTICE</b> <b>No Pools Available</b>	16 @ SOUTH  <b>NO PRACTICE</b> <b>No Pools Available</b>	17
18	19 @ NORTH  SN-6:00-7:00 SV-6:00-7:15 G—6:00-7:30	20 @ SOUTH  SN-6:00-7:00 SV-6:00-7:15 G-6:00-7:30	21 @ NORTH  <b>NO PRACTICE</b> <b>No Pools Available</b>	22 @ NORTH  <b>NO PRACTICE</b> <b>No Pools Available</b>	23 @ SOUTH  <b>NO PRACTICE</b> <b>No Pools Available</b>	24
25	26 @ NORTH  SN-6:00-7:00 SV-6:00-7:15 G—6:00-7:30	27 @ SOUTH  SN-6:00-7:00 SV-6:00-7:15 G—6:00-7:30	28 @ NORTH  SN-6:00-7:00 SV-6:00-7:15 G—6:00-7:30	29 @ NORTH  <b>NO PRACTICE</b> <b>No Pools Available</b>	30 @ SOUTH  SN-6:00-7:00 SV-6:00-7:15 G—6:00-7:30	<i>SwimExpress.com</i>