



Express Swim Team

September 2019

BSun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 @ DGS FREE Stroke Clinic All-6-7:15 PM RX-6-6:45 PM	10 @ DGN FREE Stroke Clinic All-6-7:15 PM RX-6-6:45 PM	11 @ DGN FREE Stroke Clinic All-6-7:15 PM RX-6-6:45 PM	12 @ DGS SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8	13 @ DGN No Practice DGN Football Game	14 @ DGN SN-10-10:45 BZ-10-11:15 SV-10-11:30 GSH-10-1200 RX-10-10:45
15	16 @ DGS No Practice DGS Pool Unavailable	17 @ DGN SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	18 @ DGN SN-No Practice BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	19 @ DGS No Practice DGS Pool Unavailable	20 @ DGN SN-No Practice BZ-6-7:15 SV-6-7:30 G/S/H—6-8	21 @ DGN SN-10-10:45 BZ-10-11:15 SV-10-11:30 GSH-10-1200 RX-10-10:45
22	23 @ DGS SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	24 @ DGN SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	25 @ DGN SN-No Practice BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM	26 @ DGS No Practice DGS Home Swim Meet	27 @ DGN No Practice DGN Football Game	28 @ DGN No Practice DGN Home Swim Meet
29	30 @ DGS SN-6-6:45 BZ-6-7:15 SV-6-7:30 G/S/H—6-8 RX-6-6:45 PM			SN-SuperNOVA BZ-Bronze SV-Silver GSH-Gold/Senior/HS RX-RecExpress	DGN— North Campus DGS—South Campus	 swimexpress.com