**Southeastern Swim Club September & October 2019**

**Lionfish Silver/Gold Training Schedule**

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 | 2  **Happy Labor Day—no practice** | 3  Silver/Gold  6:00-8:00PM | 4  Gold Only  5:30-7:00PM | 5  Silver/Gold  6:00-8:00PM | 6  No Practice  Home Football Game | 7  OFF |
| 8 | 9  No Practice | 10  Silver/Gold  6:00-8:00PM | 11  Gold Only  5:30-7:00PM | 12  Silver/Gold  6:00-8:00PM | 13  Silver/Gold  5:00-7:00PM | 14  OFF |
| 15 | 16  No Practice | 17    Silver/Gold  6:00-8:00PM | 18  ***New Parent Meeting Night & Elsmore Swim Shop is on Site!***  Silver/Gold  5:30-7:00PM | 19  Silver/Gold  6:00-8:00PM | 20  No Practice  Home Football  Game | 21  OFF |
| 22 | 23  No Practice | 24  Silver/Gold  6:00-8:00PM | 25  Gold Only  5:30-7:00PM | 26  Silver/Gold  6:00-8:00PM | 27  **Fall Kickoff Super Splash- Warm up 5:15PM/Meet Start 6PM** | 28  **SSC Barndance- details on team website** |
| 29 | 30  No Practice | 1  Silver/Gold  6:00-8:00PM | 2  Gold Only  5:30-7:00PM | 3  Silver/Gold  6:00-8:00PM | 4  No Practice  Home Football  Game | 5  **SSC SwimFest 2019- information on team website** |
| 6  **SSC SwimFest 2019- information on team website** | 7  No practice | 8    Silver/Gold  6:00-8:00PM | 9  Gold Only  5:30-7:00PM | 10  Silver/Gold  6:00-8:00PM | 11  No Practice  Home Football  Game | 12  Silver/Gold  8:30-10:30AM |
| 13  ***HSE Fall Break Week*** | 14  ***HSE Fall Break Week***  Silver/Gold  11:00-12:30 | 15  ***HSE Fall Break Week***  Silver/Gold  11:00-12:30 | 16  ***HSE Fall Break Week***  Silver/Gold  11:00-12:30 | 17  ***HSE Fall Break Week***  Silver/Gold  11:00-12:30 | 18  ***HSE Fall Break Week***  Silver/Gold  11:00-12:30 | 19  OFF |
| 20 | 21  No Practice | 22  Silver/Gold  6:00-8:00PM | 23  Gold Only  5:30-7:00PM | 24  Silver/Gold  6:00-8:00PM | 25  **Halloween Super Splash 5:15 Warm up/6PM Meet Start** | 26  Silver/Gold  8:30-10:30AM |
| 27 | 28  No Practice | 29  Silver/Gold  6:00-8:00PM | 30  Gold Only  5:30-7:00PM | 31  **Happy Halloween- No Practice** |  |  |