**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** | 3Silver/Gold6:00-8:00PM | 4Gold Only5:30-7:00PM | 5Silver/Gold6:00-8:00PM | 6No PracticeHome Football Game | 7OFF |
| 8 | 9No Practice | 10Silver/Gold6:00-8:00PM | 11Gold Only5:30-7:00PM | 12Silver/Gold6:00-8:00PM | 13Silver/Gold5:00-7:00PM | 14OFF |
| 15 | 16No Practice | 17 Silver/Gold6:00-8:00PM | 18***New Parent Meeting Night & Elsmore Swim Shop is on Site!***Silver/Gold5:30-7:00PM | 19Silver/Gold6:00-8:00PM | 20No PracticeHome Football Game | 21OFF |
| 22 | 23No Practice | 24Silver/Gold6:00-8:00PM | 25Gold Only5:30-7:00PM | 26Silver/Gold6:00-8:00PM | 27**Fall Kickoff Super Splash- Warm up 5:15PM/Meet Start 6PM** | 28**SSC Barndance- details on team website** |
| 29 | 30No Practice | 1Silver/Gold6:00-8:00PM | 2Gold Only5:30-7:00PM | 3Silver/Gold6:00-8:00PM | 4No PracticeHome FootballGame | 5**SSC SwimFest 2019- information on team website** |
| 6**SSC SwimFest 2019- information on team website** | 7No practice | 8 Silver/Gold6:00-8:00PM | 9Gold Only5:30-7:00PM | 10Silver/Gold6:00-8:00PM | 11No PracticeHome FootballGame | 12Silver/Gold8:30-10:30AM |
| 13***HSE Fall Break Week*** | 14***HSE Fall Break Week*** Silver/Gold11:00-12:30 | 15***HSE Fall Break Week*** Silver/Gold11:00-12:30 | 16***HSE Fall Break Week*** Silver/Gold11:00-12:30 | 17***HSE Fall Break Week*** Silver/Gold11:00-12:30 | 18***HSE Fall Break Week*** Silver/Gold11:00-12:30 | 19OFF |
| 20 | 21No Practice | 22Silver/Gold6:00-8:00PM | 23Gold Only5:30-7:00PM | 24Silver/Gold6:00-8:00PM | 25**Halloween Super Splash 5:15 Warm up/6PM Meet Start** | 26Silver/Gold8:30-10:30AM |
| 27 | 28No Practice | 29Silver/Gold6:00-8:00PM | 30Gold Only5:30-7:00PM | 31**Happy Halloween- No Practice** |  |  |