**Southeastern Swim Club October & November 2020**

**Lionfish Silver/Gold Training Schedule**

**UPDATED: 9/29/20**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 27 | 28  Silver/Gold  6:20-7:40PM  S | 29  Silver/Gold  6:20-7:40PM | 30  Silver/Gold  6:20-7:40PM | 1  Silver/Gold  6:20-7:40PM | 2  Silver Super Splash  ITD: 4:45P  WU: 5:00P  MS: 5:45P | 3  Silver Super Splash  ITD: 9:00A  WU: 9:15A  MS: 10:00A |
| 4 | 5  Silver/Gold  6:20-7:40PM | 6  Silver/Gold  6:20-7:40PM | 7  Gold Only  6:20-7:40PM | 8  Silver/Gold  6:20-7:40PM | 9  Silver/Gold  6:20-7:40PM | 10  SSC Swim Fest  15&over- 7:00A  11-14- 11:15A  10&under- 3:30P |
| 11  SSC Swim Fest  15&over- 7:00A  11-14-11:15A  10&under-  3:30P | 12  No Practice | 13    Silver/Gold  6:20-7:40PM | 14  Gold Only  6:20-7:40PM | 15  Silver/Gold  6:20-7:40PM | 16  Silver/Gold  6:20-7:40PM | 17  OFF |
| 18 | 19  ***HSE FALL BREAK WEEK***  Practice tbd | 20  ***HSE FALL BREAK WEEK***  Practice tbd | 21  ***HSE FALL BREAK WEEK***  Practice tbd | 22  ***HSE FALL BREAK WEEK***  Practice tbd | 23  ***HSE FALL BREAK WEEK***  Practice tbd | 24  ***HSE FALL BREAK WEEK***  OFF |
| 25 | 26  Silver/Gold  6:20-7:40PM | 27  Silver/Gold  6:20-7:40PM | 28  Gold Only  6:20-7:40PM | 29  Silver/Gold  6:20-7:40PM | 30  Silver/Gold  6:20-7:40PM | 31  **Happy Halloween** |
| 1 | 2  Silver/Gold  6:20-7:40PM | 3  Silver/Gold  6:20-7:40PM | 4  Gold Only  6:20-7:40PM | 5  Silver/Gold  6:20-7:40PM | 6  Silver/Gold  6:20-7:40PM | 7  OFF |
| 8 | 9  Silver/Gold  6:20-7:40PM | 10  Silver/Gold  6:20-7:40PM | 11  Gold Only  6:20-7:40PM | 12  Silver/Gold  6:20-7:40PM | 13  Silver/Gold  6:20-7:40PM | 14  OFF |
| 15 | 16  Silver/Gold  6:20-7:40PM | 17  Silver/Gold  6:20-7:40PM | 18  Gold Only  6:20-7:40PM | 19  Silver/Gold  6:20-7:40PM | 20  Silver/Gold  6:20-7:40PM | 21  OFF |
| 22 | 23  Silver/Gold  6:20-7:40PM | 24  Silver/Gold  6:20-7:40PM | 25  Gold Only  6:20-7:40PM | 26  Silver/Gold  6:20-7:40PM | 27  Silver/Gold  6:20-7:40PM | 28  OFF |
| 29 | 30  Silver/Gold  6:20-7:40PM |  |  |  |  |  |