**Southeastern Swim Club October & November 2020**

**Lionfish Silver/Gold Training Schedule**

**UPDATED: 9/29/20**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 27 | 28Silver/Gold6:20-7:40PMS | 29Silver/Gold6:20-7:40PM | 30Silver/Gold6:20-7:40PM | 1Silver/Gold6:20-7:40PM | 2Silver Super SplashITD: 4:45PWU: 5:00PMS: 5:45P | 3Silver Super SplashITD: 9:00AWU: 9:15AMS: 10:00A |
| 4 | 5Silver/Gold6:20-7:40PM | 6Silver/Gold6:20-7:40PM | 7Gold Only6:20-7:40PM | 8Silver/Gold6:20-7:40PM | 9Silver/Gold6:20-7:40PM | 10SSC Swim Fest15&over- 7:00A11-14- 11:15A10&under- 3:30P |
| 11SSC Swim Fest15&over- 7:00A11-14-11:15A10&under- 3:30P | 12No Practice | 13 Silver/Gold6:20-7:40PM | 14Gold Only6:20-7:40PM | 15Silver/Gold6:20-7:40PM | 16Silver/Gold6:20-7:40PM | 17OFF |
| 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 | 26Silver/Gold6:20-7:40PM | 27Silver/Gold6:20-7:40PM | 28Gold Only6:20-7:40PM | 29Silver/Gold6:20-7:40PM | 30Silver/Gold6:20-7:40PM | 31**Happy Halloween** |
| 1 | 2Silver/Gold6:20-7:40PM | 3Silver/Gold6:20-7:40PM | 4Gold Only6:20-7:40PM | 5Silver/Gold6:20-7:40PM | 6Silver/Gold6:20-7:40PM | 7OFF |
| 8 | 9Silver/Gold6:20-7:40PM | 10Silver/Gold6:20-7:40PM | 11Gold Only6:20-7:40PM | 12Silver/Gold6:20-7:40PM | 13Silver/Gold6:20-7:40PM | 14OFF |
| 15 | 16Silver/Gold6:20-7:40PM | 17Silver/Gold6:20-7:40PM | 18Gold Only6:20-7:40PM | 19Silver/Gold6:20-7:40PM | 20Silver/Gold6:20-7:40PM | 21OFF |
| 22 | 23Silver/Gold6:20-7:40PM | 24Silver/Gold6:20-7:40PM | 25Gold Only6:20-7:40PM | 26Silver/Gold6:20-7:40PM | 27Silver/Gold6:20-7:40PM | 28OFF |
| 29 | 30Silver/Gold6:20-7:40PM |  |  |  |  |  |