



FEBRUARY

**All practices at RHS
unless otherwise
indicated**

[Click here for Pool Directions](#)
SLMS = Springton Lake Middle School
VF = Valley Forge Military Academy

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GROUP	30	31	01	02	03	04	05
BLUE			7:00 - 8:30 PM @ VF	7:00 - 9:00 PM	5:00 - 6:30 PM	OFF	4:30 - 6:00 PM
BRONZE			7:00 - 8:30 PM @ VF	7:30 - 9:00 PM	5:00 - 6:30 PM	OFF	4:30 - 6:00 PM
RED			6:00 - 7:00 PM @ VF	OFF	7:30 - 8:30 PM	OFF	2:15 - 3:30 PM
WHITE			OFF	6:30 - 7:30 PM	6:30 - 7:30 PM	OFF	3:30 - 4:30 PM
SHARKS			OFF	OFF	OFF	OFF	11:30 - 12:30 PM
BARRACUDA			OFF	5:00 - 6:00 PM @ VF	OFF	OFF	12:30 - 1:30 PM
PIRANHA			OFF	OFF	OFF	OFF	1:30 - 2:15 PM
EVENTS							NPAC Mini Meet
GROUP	06	07	08	09	10	11	12
BLUE	7:30 - 9:00 AM	7:00 - 9:00 PM @ VF	6:00 - 8:00 PM @ VF	7:00 - 9:00 PM	7:30 - 9:00 PM @ SLMS	OFF	OFF
BRONZE	7:30 - 9:00 AM	7:30 - 8:45 PM	7:30 - 9:00 PM	7:00 - 8:30 PM @ VF	7:30 - 9:00 PM @ SLMS	OFF	OFF
RED	10:00 - 11:00 AM	6:30 - 7:30 PM	6:30 - 7:30 PM	OFF	7:30 - 8:30 PM	OFF	OFF
WHITE	9:00 - 10:00 AM	6:00 - 7:00 PM @ VF	OFF	6:30 - 7:30 PM	6:30 - 7:30 PM	OFF	OFF
SHARKS	12:30 - 1:30 PM	5:00 - 6:00 PM @ VF	OFF	OFF	OFF	OFF	11:30 - 12:30 PM
BARRACUDA	1:30 - 2:30 PM	OFF	OFF	5:00 - 6:00 PM @ VF	OFF	OFF	12:30 - 1:30 PM
PIRANHA	2:30 - 3:15 PM	OFF	OFF	OFF	OFF	OFF	1:30 - 2:15 PM
EVENTS							BWA Pres. Day 10 & U BWA Pres. Day A/BB/C
GROUP	13	14	15	16	17	18	19
BLUE	11:00 - 12:30 PM	7:00 - 9:00 PM @ VF	6:00 - 8:00 PM @ VF	6:30 - 8:00 PM	7:30 - 9:00 PM	OFF	7:00 - 9:00 AM
BRONZE	OFF	6:30 - 7:45 PM	7:00 - 8:30 PM	7:00 - 8:30 PM @ VF	7:30 - 9:00 PM	OFF	OFF
RED	OFF	5:30 - 6:30 PM	6:00 - 7:00 PM	OFF	6:30 - 7:30 PM	OFF	OFF
WHITE	OFF	6:00 - 7:00 PM @ VF	OFF	5:30 - 6:30 PM	5:30 - 6:30 PM	OFF	OFF
SHARKS	12:30 - 1:30 PM	5:00 - 6:00 PM @ VF	OFF	OFF	OFF	OFF	OFF
BARRACUDA	1:30 - 2:30 PM	OFF	OFF	5:00 - 6:00 PM @ VF	OFF	OFF	OFF
PIRANHA	2:30 - 3:15 PM	OFF	OFF	OFF	OFF	OFF	OFF
EVENTS	BWA Pres. Day 10 & U BWA Pres. Day A/BB/C						UDAC Closed Invite
GROUP	20	21	22	23	24	25	26
BLUE	7:30 - 9:00 AM	7:00 - 9:00 PM @ VF	6:00 - 8:00 PM @ VF	6:30 - 8:00 PM	7:30 - 9:00 PM	OFF	8:00 - 9:30 AM
BRONZE	OFF	6:30 - 7:45 PM	7:00 - 8:30 PM	7:00 - 8:30 PM @ VF	7:30 - 9:00 PM	OFF	8:00 - 9:30 AM
RED	OFF	5:30 - 6:30 PM	6:00 - 7:00 PM	OFF	6:30 - 7:30 PM	OFF	9:30 - 10:30 AM
WHITE	OFF	6:00 - 7:00 PM @ VF	OFF	6:30 - 8:00 PM	5:30 - 6:30 PM	OFF	10:30 - 11:30 AM
SHARKS	OFF	OFF	OFF	5:00 - 6:00 PM @ VF	OFF	OFF	11:30 - 12:30 PM
BARRACUDA	OFF	OFF	OFF	OFF	OFF	OFF	12:30 - 1:30 PM
PIRANHA	OFF	OFF	OFF	OFF	OFF	OFF	1:30 - 2:15 PM
EVENTS	UDAC Closed Invite						
GROUP	27	28	01	02	03	04	05
BLUE	7:30 - 9:00 AM	6:00 - 8:00 PM @ VF					
BRONZE	7:30 - 9:00 AM	7:30 - 8:45 PM					
RED	10:00 - 11:00 AM	6:30 - 7:30 PM					
WHITE	9:00 - 10:00 AM	5:30 - 6:30 PM					
SHARKS	12:30 - 1:30 PM	OFF					
BARRACUDA	1:30 - 2:30 PM	OFF					
PIRANHA	2:30 - 3:15 PM	OFF					
EVENTS	Development Groups Session 3 Time Trials						