



JANUARY

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	26	27	28	29	30	31	01
BLUE							OFF
BRONZE							OFF
RED							OFF
WHITE							OFF
EVENTS							
GROUP	02	03	04	05	06	07	08
BLUE	9:00 - 11:00 AM	6:00 - 8:00 PM @ VF	7:00 - 9:00 PM	7:00 - 9:00 PM	4:45 - 6:15 PM	OFF	OFF
BRONZE	9:00 - 11:00 AM	7:30 - 8:45 PM	7:30 - 9:00 PM	7:30 - 9:00 PM	4:45 - 6:15 PM	6:00 - 7:00 PM	OFF
RED	OFF	6:30 - 7:30 PM	6:45 - 7:45 PM	OFF	7:15 - 8:30 PM	OFF	OFF
WHITE	OFF	5:00 - 6:00 PM @ VF	OFF	6:30 - 7:30 PM	6:15 - 7:15 PM	OFF	OFF
EVENTS							SAL Dual Meet @ LMSD
GROUP	09	10	11	12	13	14	15
BLUE	9:00 - 11:00 AM	7:00 - 9:00 PM @ VF	7:00 - 8:30 PM @ VF	7:00 - 9:00 PM	7:00 - 8:30 PM	OFF	OFF
BRONZE	OFF	7:30 - 8:45 PM	7:00 - 8:30 PM @ VF	7:30 - 9:00 PM	7:00 - 8:30 PM @ VF	OFF	OFF
RED	10:00 - 11:00 AM	6:30 - 7:30 PM	7:00 - 8:00 PM	OFF	7:00 - 8:30 PM	OFF	OFF
WHITE	9:00 - 10:00 AM	6:00 - 7:00 PM @ VF	OFF	6:30 - 7:30 PM	6:00 - 7:00 PM @ VF	OFF	OFF
SHARKS	OFF	5:00 - 6:00 PM @ VF	OFF	OFF	OFF	OFF	11:30 - 12:30 PM
BARRACUDA	OFF	OFF	OFF	5:00 - 6:00 PM @ VF	OFF	OFF	12:30 - 1:30 PM
PIRANHA	OFF	OFF	OFF	OFF	OFF	OFF	1:30 - 2:15 PM
EVENTS		Development Groups					
	ECCC Winter Carnival	Session 3 Start Date					SAL Dual Meet @ CR
GROUP	16	17	18	19	20	21	22
BLUE	7:30 - 9:00 AM	12:00 - 1:30 PM @ VF	7:00 - 9:00 PM	7:00 - 9:00 PM	4:45 - 6:15 PM	OFF	4:30 - 6:00 PM
BRONZE	7:30 - 9:00 AM	12:00 - 1:30 PM @ VF	7:30 - 9:00 PM	7:30 - 9:00 PM	4:45 - 6:15 PM	OFF	4:30 - 6:00 PM
RED	10:00 - 11:00 AM	10:00 - 11:00 AM @ VF	6:30 - 7:30 PM	OFF	7:15 - 8:30 PM	OFF	2:15 - 3:30 PM
WHITE	9:00 - 10:00 AM	11:00 - 12:00 PM @ VF	OFF	6:30 - 7:30 PM	6:15 - 7:15 PM	OFF	3:30 - 4:30 PM
SHARKS	12:30 - 1:30 PM	OFF	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							
GROUP	23	24	25	26	27	28	29
BLUE	7:30 - 9:00 AM	7:00 - 9:00 PM @ VF	7:00 - 8:30 PM @ VF	7:00 - 9:00 PM	4:45 - 6:15 PM @ VF	OFF	OFF
BRONZE	7:30 - 9:00 AM	7:30 - 8:45 PM	7:00 - 8:30 PM @ VF	7:30 - 9:00 PM	4:45 - 6:15 PM @ VF	OFF	OFF
RED	10:00 - 11:00 AM	6:30 - 7:30 PM	6:00 - 7:00 PM @ VF	OFF	7:15 - 8:30 PM @ VF	OFF	OFF
WHITE	9:00 - 10:00 AM	6:00 - 7:00 PM @ VF	OFF	6:30 - 7:30 PM	6:15 - 7:15 PM @ VF	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						EMAC Green Storm	EMAC Green Storm
GROUP	30	31	01	02	03	04	05
BLUE	OFF	7:00 - 9:00 PM @ VF					
BRONZE	OFF	7:30 - 8:45 PM					
RED	OFF	6:30 - 7:30 PM					
WHITE	OFF	6:00 - 7:00 PM @ VF					
SHARKS	12:30 - 1:30 PM	5:00 - 6:00 PM @ VF					
BARRACUDA	1:30 - 2:30 PM	OFF					
PIRANHA	2:30 - 3:15 PM	OFF					
EVENTS	EMAC Green Storm						