



MARCH

**All practices at RHS
unless otherwise
indicated**

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP	27	28	01	02	03	04	05
BLUE			7:30 - 9:00 PM	7:30 - 9:00 PM	7:30 - 9:00 PM	OFF	11:30 - 1:00 PM
BRONZE			7:30 - 9:00 PM	7:30 - 9:00 PM	7:30 - 9:00 PM	OFF	11:30 - 1:00 PM
RED			6:30 - 7:30 PM	6:30 - 7:30 PM	OFF	OFF	2:00 - 3:00 PM
WHITE			OFF	5:30 - 6:30 PM	6:30 - 7:30 PM	OFF	1:00 - 2:00 PM
EVENTS			DEV Spring Clinic - Week #1 5:30 - 6:30 PM @ RHS		DEV Spring Clinic - Week #1 5:30 - 6:30 PM @ RHS		
GROUP	06	07	08	09	10	11	12
BLUE	8:00 - 9:30 AM	6:00 - 8:00 PM @ VF	7:30 - 9:00 PM	7:30 - 9:00 PM	7:30 - 9:00 PM	OFF	11:30 - 1:00 PM
BRONZE	8:00 - 9:30 AM	7:30 - 8:45 PM	7:30 - 9:00 PM	7:30 - 9:00 PM	7:30 - 9:00 PM	OFF	11:30 - 1:00 PM
RED	10:30 - 11:30 AM	6:30 - 7:30 PM	6:30 - 7:30 PM	6:30 - 7:30 PM	OFF	OFF	1:00 - 2:00 PM
WHITE	9:30 - 10:30 AM	5:30 - 6:30 PM	OFF	5:30 - 6:30 PM	6:30 - 7:30 PM	OFF	1:00 - 2:00 PM
EVENTS			DEV Spring Clinic - Week #2 5:30 - 6:30 PM @ RHS		DEV Spring Clinic - Week #2 5:30 - 6:30 PM @ RHS	MA 10&U Champs	MA 10&U Champs
GROUP	13	14	15	16	17	18	19
BLUE	8:00 - 9:30 AM						
BRONZE	8:00 - 9:30 AM						
RED	9:30 - 10:30 AM						
WHITE	9:30 - 10:30 AM						
EVENTS	Final Winter Practice for all groups (except for Sectionals/Jos/Silvers) MA 10&U Champs						