



SUPER SQUAD GOLD START-UP TRAINING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 11 OFF	September 12 7:00-8:00pm (swim)	September 13 OFF	September 14 7:00-8:00pm (swim)	September 15 7:00-8:00pm (swim)	September 16 OFF	September 17 OFF
September 18 OFF	September 19 7:00-8:00pm (swim)	September 20 OFF	September 21 7:00-8:00pm (swim)	September 22 7:00-8:00pm (swim)	September 23 OFF	September 24 OFF
September 25 OFF	September 26 7:00-8:00pm (swim)	September 27 OFF	September 28 7:00-8:00pm (swim)	September 29 7:00-8:00pm (swim)	September 30 OFF	October 1 OFF

RETURN TO REGULAR TRAINING SCHEDULE BEGINS: **MONDAY, OCTOBER 3, 2022**

**ALL PRACTICES WILL BE AT THE PAN AM POOL FOR SEPTEMBER 1622*