

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>March 2023</h1> <p>* Dryland will be part of this practice</p>			1 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p Red 5:45-7:15 p* Adv. SS 7:45-8:40p	2 Silver 6:45-8:45 p Red 5:45-7:15p Mini Plus 5:30-6:45p* Mini 5:30-6:30p*	3 Silver 5:45-7:45p Gold 5:45-7:45p Black 5:45-7:45p*	4 No Practice All Age Bronze Champs @ PMS
			5 No Practice All Age Bronze Champs @ PMS	6 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Adv. SS 7:45-8:40p	7 Silver 6:45-8:45 p Black 5:45-7:45p Mini Plus 5:45-6:45p Mini 5:45-6:30p	8 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p Red 5:45-7:15 p* Adv. SS 7:45-8:40p
12 No Practice 10 & Under Gold Champs @ JAC 13 & Over Silver Champs @ Rutgers	13 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Adv. SS 7:45-8:40p Lesson Evaluations 4:30-5:30	14 Silver 6:45-8:45 p Black 5:45-7:45p Mini Plus 5:45-6:45p Mini 5:45-6:30p	15 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p Red 5:45-7:15 p* Adv. SS 7:45-8:40p	16 Silver 6:45-8:45 p Red 5:45-7:15p Mini Plus 5:30-6:45p* Mini 5:30-6:30p*	17 Silver 5:45-7:45p Gold 5:45-7:45p Black 5:45-7:45p* 11 & Over Gold Champs @ Rutgers	18 Anyone with a meet left 8-9 am
19 No Practice 11 & Over Gold Champs @ Rutgers	20 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Team Tryouts	21 Silver 6:45-8:45 p Black 5:45-7:45p Mini Plus 5:45-6:45p Mini 5:45-6:30p Team Tryouts	22 Last Practice Silver 5:45-7:45p Gold 5:45-7:45p Black 5:45-7:45p Red 5:45-7:15 p	23 Anyone with a meet left TBA Speedo Northern Sectional Champs Prelims/Final Ithaca, NY	24 Anyone with a meet left TBA	25 Anyone with a meet left TBA
26 No Practice Speedo Northern Sectional Champs Prelims/Final Ithaca, NY	27 Anyone with a meet left TBA	28 Anyone with a meet left TBA Instructors Meeting	29 No Practice	30 No Practice	31 No Practice	1 No Practice
Eastern Zone Age Group Champs Prelims/Final Webster, NY						