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| November | 2018 |
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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  | Swim 230-430p | Swim 630-8a  Lift 815-915a |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a (opt.)  Swim 230-430  Dryland 445-515 | Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Swim 230-430p | Swim 630-8a  Lift 815-915a |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Swim 230-430p | Swim 630-8a  Lift 815-915a |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Swim TBD  **Blue/White Invite 6p**  **Warm up 5p** | OFF | Swim TBD | Swim 630-8a  Lift 815-915a |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
| Lift\* 6-7a  Swim 230-430p | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Lift 6-7a  **@Strongsville 6p**  **Bus 445p** | Swim\*\* 530-7a  Swim 230-430  Dryland 445-515 | Swim 230-430p |  |  |
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* \* = 10th-12th graders ONLY \*\* = Coach Selected Swimmers