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Tune Ups April 15th, 22nd & 29th

May 6th, 20th, & 27th

3:00 – 4:00 pm or

4:00 – 5:00 pm

AM Practice 8:45 - 9:45 8 & Under

9:50 - 10:50 9 & Up

PM Practice 7:00 – 8:00 6 & Under, New 7 & 8

8:00 - 9:00 Returning 7 & 8, 9 & Up

Swim Meets June 4 Home

June 11 @ Roanoke Country Club

June 18 Home

June 25 @ Hidden Valley

July 2 Home

July 9 Home

July 20 & 21 City County @ Christiansburg Aquatic Center

10 & Under in the AM

11 & Older in the PM

\*\*\*REMINDER\*\*\*

ALL Swimmers must join the Roanoke Valley Aquatic Association (RVAA).

Go to [*www.swimrvaa.com*](http://www.swimrvaa.com) and click on Register Now. The RVAA fee is $20 per swimmer before May 31.

Questions? Email [**president@apstingrays.com**](mailto:president@apstingrays.com) or call/text (540) 404-2025