Week of July 1st

		Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
Novice	**PM**	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	**OFF**	**3:45-4:45 p.m.* Optional w. Junior**	OFF	OFF
Junior*								
	AM	6:00-7:30 a.m.+ Westwood (50m)	6:00-7:30 a.m.+ Westwood (50m)	6:30-8:00 a.m.* Mt Kisco (25m)	6:30-8:00 a.m.+ Westwood	**OFF**	8:00-10:00 a.m. Club (11+)	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	**OFF**	**3:00-4:45 p.m. Club**	OFF	OFF
Senior								
	AM	6:00-8:00 a.m. Westwood (50m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	6:00-8:00 a.m. Mt Kisco (40m)	6:00-8:00 a.m. Westwood	**OFF**	8:00-10:00 a.m. Club	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	**OFF**	**4:45-6:45 p.m. Club**	OFF	OFF

***9&O Novice Silvers/JO Qualifiers Invited to Junior A.M. Workouts @ MT KISCO**
+ 11&O Juniors Swimmers w/JO Cuts who are Attending JOs this summer @ WESTWOOD

Week of July 8th

		Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
Novice	**PM**	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	OFF	OFF
Junior*								
	AM	6:00-7:30 a.m.+ Westwood (50m)	6:00-7:30 a.m.+ Westwood (50m)	6:30-8:00 a.m.* Mt Kisco (25m)	6:30-8:00 a.m.* Mt Kisco (40m)	No Practice	**OFF**	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF
Senior								
	AM	6:00-8:00 a.m. Westwood (50m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	6:00-8:00 a.m. Mt Kisco (40m)	6:00-8:00 a.m. Mt Kisco (25m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	**OFF**	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF

Week of July 15th

		Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
Novice	**PM**	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	OFF	OFF
Junior*								
	AM	6:00-7:30 a.m.+ Westwood (50m)	6:00-7:30 a.m.+ Westwood (50m)	6:30-8:00 a.m.* Mt Kisco (25m)	6:30-8:00 a.m.* Mt Kisco (40m)	No Practice	8:00-10:00 a.m. Club (11+)	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF
Senior								
	AM	6:00-8:00 a.m. Westwood (50m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	6:00-8:00 a.m. Mt Kisco (40m)	6:00-8:00 a.m. Mt Kisco (25m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	8:00-10:00 a.m. Club	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF

Week of July 22nd

		Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
Novice	**PM**	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	OFF	OFF
Junior*								
	AM	6:00-7:30 a.m.+ Westwood (50m)	6:00-7:30 a.m.+ Westwood (50m)	6:30-8:00 a.m.* Mt Kisco (25m)	6:30-8:00 a.m.* Mt Kisco (40m)	No Practice	8:00-10:00 a.m. Club (11+)	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF
Senior								
	AM	6:00-8:00 a.m. Westwood (50m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	6:00-8:00 a.m. Mt Kisco (40m)	6:00-8:00 a.m. Mt Kisco (25m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	8:00-10:00 a.m. Club	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF

Week of July 29th

		Monday 29th	Tuesday 30th	Wednesday 31st	Thursday 1st	Friday 2nd	Saturday 3rd	Sunday 4th
Novice	**PM**	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	OFF	OFF
Junior*								
	AM	6:00-7:30 a.m.+ Westwood (50m)	6:00-7:30 a.m.+ Westwood (50m)	6:30-8:00 a.m.* Mt Kisco (25m)	6:30-8:00 a.m.* Mt Kisco (40m)	No Practice	8:00-10:00 a.m. Club (11+)	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF
Senior								
	AM	6:00-8:00 a.m. Westwood (50m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	6:00-8:00 a.m. Mt Kisco (40m)	6:00-8:00 a.m. Mt Kisco (25m)	6:00-8:00 a.m. Westwood (50m) 8:10-8:40 a.m. Dryland#	8:00-10:00 a.m. Club	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF

Week of August 5th

		Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th	Sunday 11th
Novice	**PM**	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	4:45-5:45 p.m.	OFF	OFF
Junior*								
	AM	6:00-7:30 a.m.+ Westwood (50m)	OFF	OFF	OFF	OFF	OFF	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF
Senior								
	AM	6:00-8:00 a.m. Westwood (50m)	OFF	OFF	OFF	OFF	OFF	OFF
	PM	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	4:00-5:45 p.m. Club	OFF	OFF