

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 Swim @ ORC C1-3 2:00-3:00 PM C4-5 3:00-4:00 PM	3 Swim @ ORC C4-5 11:15-12:30 PM C1-3 12:00-1:00 PM	4
5 Swim @ Seton C4-5 6:00-7:30 AM	6 All groups Dryland @ BSRC 4:00-5:30 PM	7 Dryland @ BSRC C1-3 4:30-5:30 PM C4-5 4:00-5:30 PM	8	9 Swim @ ORC C1-3 2:00-3:00 PM C4-5 3:00-4:00 PM	10 Swim @ ORC C4-5 11:15-12:30 PM C1-3 12:00-1:00 PM	11
12 Thanksgiving No Swimming	13 All groups Dryland @ BSRC 4:00-5:30 PM	14 Dryland @ BSRC C1-3 4:30-5:30 PM C4-5 4:00-5:30 PM	15	16 Swim @ ORC C1-3 2:00-3:00 PM C4-5 3:00-4:00 PM	17 Swim @ ORC C4-5 11:15-12:30 PM C1-3 12:00-1:00 PM	18
19 Swim @ Seton C4-5 6:00-7:30 AM	20 All groups Dryland @ BSRC 4:00-5:30 PM	21 Dryland @ BSRC C1-3 4:30-5:30 PM C4-5 4:00-5:30 PM	22	23 Swim @ ORC C1-3 2:00-3:00 PM C4-5 3:00-4:00 PM	24 Swim @ ORC C4-5 11:15-12:30 PM C1-3 12:00-1:00 PM	25
26 Swim @ Seton C4-5 6:00-7:30 AM	27 All groups Dryland @ BSRC 4:00-5:30 PM	28 Dryland @ BSRC C1-3 4:30-5:30 PM C4-5 4:00-5:30 PM	29	30 Swim @ ORC C1-3 2:00-3:00 PM C4-5 3:00-4:00 PM	31 Swim @ ORC C4-5 11:15-12:30 PM C1-3 12:00-1:00 PM	

* Monday morning practices are OPTIONAL for C4's (strongly encouraged for those aged 12+)