Updated Nov 4th

| NOVEMBER | | | | | | |
|---|---|---|---|---|---|---|
| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| | | | | | | 1<br>**@MP**<br>Swim 9:45 – 11:45am |
| 2<br>**@MP**<br>DL 4:30 – 5:15pm<br>Swim 5:15 – 7pm | 3<br>**@MP**<br>Swim 4-5:30pm<br>DL 5:30 – 6pm | 4<br>**@MP**<br>DL 3:15-3:45pm<br>Swim 3:45 – 5:30pm | 5 | 6<br>**@MP**<br>6-7:30am<br>**EVDSC Fall Blast** | 7<br>**EVDSC Fall Blast** | 8<br>**EVDSC Fall Blast** |
| 9<br>**OFF** | 10<br>**@MP**<br>Swim 10:45a-12:15p<br>DL 6p-6:30m<br>Swim 6:30-8pm | 11 | 12<br>**@MP**<br>Swim 10:45a-12:15p<br>Swim 3:15-4:45pm<br>DL 4:45-5:15pm | 13<br>**@MP**<br>DL 10:30-11am<br>Swim 11am-12:30pm | 14<br>**@MP**<br>Swim 6:30 – 8:30am<br>**@Blue Room**<br>9:00-10:00am | 15<br>**@MP**<br>Swim 9:45 – 11:45am |
| 16<br>**@MP**<br>DL 4:30 – 5:15pm<br>Swim 5:15 – 7pm | 17<br>**@MP**<br>Swim 4-5:30pm<br>DL 5:30 – 6pm | 18<br>**@MP**<br>DL 3:15-3:45pm<br>Swim 3:45 – 5:30pm | 19 | 20<br>**KSC SC INVITATIONAL** | 21<br>**KSC SC INVITATIONAL** | 22<br>**KSC SC INVITATIONAL** |
| 23<br>**@MP**<br>DL 4:30 – 5:15pm<br>Swim 5:15 – 7pm | 24<br>**@MP**<br>Swim 4-5:30pm<br>DL 5:30 – 6pm | 25<br>**@MP**<br>DL 3:15-3:45pm<br>Swim 3:45 – 5:30pm | 26 | 27<br>**@MP**<br>Swim 5:45 – 7:30am<br>**Splash & Dash**<br>@4pm | 28<br>**@MP**<br>Swim 6:30 – 8:30am<br>**@Blue Room**<br>9:00-10:00am<br>**Team Bruch – Tutti Fru**<br>@10:15am | 29<br>**@MP**<br>Swim 9:45 – 11:45am |
| 30<br>**@MP**<br>DL 4:30 – 5:15pm<br>Swim 5:15 – 7pm | | | | | | |

Updated Nov 4th

| DECEMBER | | | | | | |
|---|---|---|---|---|---|---|
| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| | 1<br>**@MP**<br>Swim 4-5:30pm<br>DL 5:30 – 6pm | 2<br>**@MP**<br>DL 3:15-3:45pm<br>Swim 3:45 – 5:30pm | 3 | 4<br>**@MP**<br>Swim 4 – 5:45pm | 5<br>**@MP**<br>Swim 6:45 – 8:45am<br>**@Blue Room**<br>9:00-10:00am | 6<br>**@MP**<br>Swim 9:45 – 11:45am |
| 7<br>**@MP**<br>DL 4:30 – 5:15pm<br>Swim 5:15 – 7:00pm | 8<br>**@MP**<br>Swim 4-5:30pm<br>DL 5:30 – 6pm | 9<br>**@MP**<br>DL 3:15-3:45pm<br>Swim 3:45 – 5:30pm | 10 | 11<br>**@MP**<br>Swim 5:45 – 7:30am<br>**Candy Cane** | 12<br>**@MP**<br>Swim 10:15 – 11:45am<br>**Candy Cane** | 13<br>NO Practice<br>**Candy Cane** |
| 14<br>**@MP**<br>Swim 4 – 5:45pm | 15<br>**@MP**<br>Swim 4-5:30pm<br>DL 5:30 – 6pm | 16<br>**@MP**<br>DL 3:30-4pm<br>Swim 4 – 5:30pm | 17<br>**@MP**<br>Swim 4-5pm<br>**JP FISET** | 18<br>**JP FISET** | 19<br>**JP FISET** | 20<br>**JP FISET** |
| 21<br>**TRAINING BREAK** | 22<br>**TRAINING BREAK** | 23<br>**TRAINING BREAK** | 24<br>**TRAINING BREAK** | 25<br>**TRAINING BREAK** | 26<br>**TRAINING BREAK** | 27<br>**TRAINING BREAK** |
| 28<br>**TRAINING BREAK** | 29<br>**TRAINING BREAK** | 30<br>**TRAINING BREAK** | 31<br>**TRAINING BREAK** | 1 | 2 | 3 |