

SEPTEMBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9 Outdoor DL @SCAES 5-6pm	10	11 @EHLCL DL 4:30 – 5pm Swim 5-6pm	12	13
14	15	16 Outdoor DL @SCAES 5-6pm	17	18 @EHLCL DL 4:30 – 5pm Swim 5-6pm	19	20
21	22	23 Outdoor DL @SCAES 5-6pm	24	25 @EHLCL DL 4:30 – 5pm Swim 5-6pm	26	27
28 @MPL Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	29	30 @MPL Swim 4:45 – 5:45pm DL 5:45 – 6:15pm				

OCTOBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	3	4
5 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	6	7 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	8	9 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	10	11
12 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	13	14 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	15	16 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	17	18
19 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	20	21 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	22	23 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	24 SRAYS Poppy	25 SRAYS Poppy
26 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	27	28 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	29	30 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	31	

NOVEMBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
						1
2 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	3	4 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	5	6 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	7	8 OSC 12&U #1
9 @MP Swim 4:30 – 5:45pm	10	11 @MP Swim 12-1pm	12	13 @MP Swim 5:30-7pm	14	15
16 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	17	18 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	19	20 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	21	22
23 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	24	25 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	26	27 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	28	29
30 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm						

DECEMBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	3	4 @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	5 Rocking Reindeer	6 Rocking Reindeer
7 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	8	9 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	10	11 Candy Cane	12 Candy Cane	13 Candy Cane
14 @MP Act 5:45 – 6pm Swim 6-7pm DL 7-7:30pm	15	16 @MP Swim 4:45 – 5:45pm DL 5:45 – 6:15pm	17	18 TEAM X-MAS RELAYS	19 TRAINING BREAK	20 TRAINING BREAK
21 TRAINING BREAK	22 TRAINING BREAK	23 TRAINING BREAK	24 TRAINING BREAK	25 TRAINING BREAK	26 TRAINING BREAK	27 TRAINING BREAK
28 TRAINING BREAK	29 TRAINING BREAK	30 TRAINING BREAK	31 TRAINING BREAK			