Updated Nov 4th

NOVEMBER						
MON	**TUES**	**WED**	**THURS**	**FRI**	**SAT**	**SUN**
						1 **OSC 12&U #1**
2 **MR A** 4-4:45pm	3 **MR B** 4-4:45pm	4 **MR A** 4-4:45pm	5 **MR B** 4-4:45pm	6 **A&B @MP** Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	7	8
9 **NO SWIM**	10 **NO SWIM**	11 **NO SWIM**	12 **NO SWIM**	13 **A&B @MP** Act 5:15-5:30pm Swim 5:30-7pm	14	15
16 **MR A** 4-4:45pm	17 **MR B** 4-4:45pm	18 **MR A** 4-4:45pm	19 **MR B** 4-4:45pm	20 **A&B @MP** Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	21	22
23 **MR A** 4-4:45pm	24 **MR B** 4-4:45pm	25 **MR A** 4-4:45pm	26 **MR B** 4-4:45pm	27 **Splash & Dash** 4-8pm	28	29
30 **MR A** 4-4:45pm						

Updated Nov 4th

DECEMBER						
MON	**TUES**	**WED**	**THURS**	**FRI**	**SAT**	**SUN**
	1 **MR B** 4-4:45pm	2 **MR A** 4-4:45pm	3 **MR B** 4-4:45pm	4 **A&B @MP** Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	5 **Rocking Reindeer**	6 **Rocking Reindeer**
7 **MR A** 4-4:45pm	8 **MR B** 4-4:45pm	9 **MR A** 4-4:45pm	10 **MR B** 4-4:45pm	11 **Candy Cane** *Must achieve qualifying times for 50m events*	12	13
14 **MR A** 4-4:45pm	15	16 **MR A** 4-4:45pm	17	18 **TEAM X-MAS RELAYS** *4-6pm*	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**			