

SEPTEMBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9 Outdoor DL @SCAES 5-6pm	10	11 A&B @EHLCL DL 4:30 – 5pm Swim 5-6pm	12	13
14	15	16 Outdoor DL @SCAES 5-6pm	17	18 A&B @EHLCL DL 4:30 – 5pm Swim 5-6pm	19	20
21	22	23 Outdoor DL @SCAES 5-6pm	24	25 A&B @EHLCL DL 4:30 – 5pm Swim 5-6pm	26	27
28 MRA 4-4:45pm	29 MR B 4-4:45pm	30 NO SWIM				

OCTOBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2 A&B @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	3	4
5 MR A 4-4:45pm	6 MR B 4-4:45pm	7 MR A 4-4:45pm	8 MR B 4-4:45pm	9 A&B @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	10	11
12 NO SWIM	13 MR B 4-4:45pm	14 MR A 4-4:45pm	15 MR B 4-4:45pm	16 A&B @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	17	18
19 MR A 4-4:45pm	20 MR B 4-4:45pm	21 MR A 4-4:45pm	22 MR B 4-4:45pm	23 A&B @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	24 SRAYS Poppy	25 SRAYS Poppy
26 MR A 4-4:45pm	27 MR B 4-4:45pm	28 MR A 4-4:45pm	29 MR B 4-4:45pm	30 A&B @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	31	

NOVEMBER						
MON	TUES	WED	THURS	FRI	SAT	SUN
						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 OSC 12&U #1
9 NO SWIM	10 NO SWIM	11 NO SWIM	12 NO SWIM	13 SWIM TBA	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 A&B @MP Act 5:30 – 5:45pm Swim 5:45 – 7:15pm	28	29
30 MR A 4-4:45pm						

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	12	13
14 MR A 4-4:45pm	15	16 MR A 4-4:45pm	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			