Updated Nov 4th

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

Updated Nov 4th

DECEMBER						
MON	**TUES**	**WED**	**THURS**	**FRI**	**SAT**	**SUN**
	1 **@MP** Swim 4-6pm DL 6-6:15pm	2 **@MP** Swim 5:45 – 7:45am Swim 3:00 – 5:00pm DL 5:00 – 5:30pm	3 **@MP** Swim 4-6pm DL 6-6:15pm	4 **@MP** Swim 5:45 – 7:45am	5 **@MP** Swim 6:30– 8:30am **@Blue Room** 9:00-10:00am	6
7 **@MP** Swim 4-6pm DL 6-6:45pm	8 **@MP** Swim 4-6pm DL 6-6:15pm	9 **@MP** Swim 5:45 – 7:45am Swim 3:00 – 5:00pm DL 5:00 – 5:30pm	10 **@MP** Swim 4-6pm DL 6-6:15pm	11 **@MP** Swim 5:45 – 7:30am	12 **@MP** Swim 10:15a – 12:15p	13
14 **@MP** Swim 4-6pm DL 6-6:30pm	15 **@MP** Swim 4-5:30pm DL 5:30-6pm	16 **@MP** Swim 3:15 – 4:45pm DL 4:45 – 5:15pm	17 **@MP** Swim 4-5pm **JP FISET**	18 **JP FISET**	19 **JP FISET**	20 **JP FISET**
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**	1	2	3