Updated Nov 4th

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

Updated Nov 4th

DECEMBER						
MON	**TUES**	**WED**	**THURS**	**FRI**	**SAT**	**SUN**
	1 **@MP** Swim 6-7:30am	2 **@MP** Act 5:15 – 5:30pm Swim 5:30-7:15pm	3	4 **@MP** Swim 4 – 5:45pm DL 5:45 – 6:30pm	5 **@Blue Room** 9:00-10:00am **@MP** Swim 10:15 – 11:45am	6
7 **@MP** Act 6:45 – 7pm Swim 7-8:30pm	8 **@MP** Swim 6-7:30am	9 **@MP** Act 5:15 – 5:30pm Swim 5:30-7:15pm	10	11 **Candy Cane**	12 **Candy Cane**	13 **Candy Cane**
14 **OFF**	15 **@MP** Swim 6-7:30am	16 **@MP** Act 5:15 – 5:30pm Swim 5:30-7:15pm	17 **JP FISET**	18 **Team Relay Practice** 4-6pm **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	31			