Updated Nov 4th

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

Updated Nov 4th

DECEMBER						
MON	**TUES**	**WED**	**THURS**	**FRI**	**SAT**	**SUN**
	1	2 **@MP** DL 5:30-6pm Swim 6-7:30pm	3 **@MP** Swim 4 – 5:30pm	4 **@MP** DL 5 – 5:30pm Swim 5:45 – 7:15pm	5 **@MP** Act 10 – 10:15am Swim 10:15 – 11:45am	6
7 **@MP** Swim 4 – 5:15pm DL 5:15 – 5:45pm	8	9 **@MP** DL 5:30-6pm Swim 6-7:30pm	10 **@MP** Swim 4 – 5:30pm	11 **Candy Cane**	12 **Candy Cane**	13 **Candy Cane**
14 **OFF**	15 **JP Swimmers @MP** 4-5:30pm	16 **@MP** DL 5:30-6pm Swim 6-7:30pm	17 **@MP** Swim 4 – 5:30pm **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 **TRAINING BREAK**	31 **TRAINING BREAK**			