

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	July 4	July 5	July 6	July 7	July 8	July 9	July 10
Senior Elite	Happy Independence Day! No practice	8:00-10:00am Swim 10:00-10:30am dryland	8:30-9:00am dryland 9-10:30am swim	8:00-10:00am Swim 10:00-10:30am dryland	SSDL individually	EC Champs Meet	EC Champs Meet
Senior	Happy Independence Day! No practice	7:00-7:30am dryland 7:30-9:00am swim	7:30-9:00am swim 9:00-9:30am dryland	7:00-7:30am dryland 7:30-9:00am swim	7:30-9:00am swim 9:00-9:30am dryland	EC Champs Meet	EC Champs Meet
Senior Fit	Happy Independence Day! No practice	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	8:30-9:45am swim 9:45-10:15am dryland	EC Champs Meet	EC Champs Meet
Junior Elite	Happy Independence Day! No practice	10:00-10:30am dryland 10:30-12:00pm swim	10:00-10:30am dryland 10:30-12:00pm swim	10:00-10:30am dryland 10:30-12:00pm swim	SSDL Individually	EC Champs Meet	EC Champs Meet
Junior Advanced	Happy Independence Day! No practice	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	9:15-9:45am Dryland 9:45-10:45am swim	EC Champs Meet	EC Champs Meet
Junior	Happy Independence Day! No practice	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	9:15-9:45am Dryland 9:45-10:45am swim	EC Champs Meet	EC Champs Meet
Senior Development	Happy Independence	11:45-12:30pm swim	11:45-12:30pm swim	11:45-12:30pm swim	10:45-11:30am swim	EC Champs Meet	EC Champs Meet

	<b>Day!</b> <b>No practice</b>						
Junior Development	<b>Happy Independence Day!</b> <b>No practice</b>		4:00-4:45pm swim		4:00-4:45pm swim	<b>EC Champs Meet</b>	<b>EC Champs Meet</b>
Pre Team	<b>Happy Independence Day!</b> <b>No practice</b>	6:00-6:30pm Starfish	6:00-6:30pm Sharks	6:00-6:30pm Starfish	6:00-6:30pm Sharks		
Senior Pre Comp	<b>Happy Independence Day!</b> <b>No practice</b>	5:30-6:00pm Seals	5:30-6:00pm Dolphins	5:30-6:00pm Seals	5:30-6:00pm Dolphins		
Junior Pre Comp	<b>Happy Independence Day!</b> <b>No practice</b>	5:00-5:30pm Otters	5:00-5:30pm Whales	5:00-5:30pm Otters	5:00-5:30pm Whales		