

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	November 24	November 25	November 26	November 27	November 28	November 29	November 30
Senior Elite	5:00-5:30 pm dryland 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00am swim 5:00-5:20pm meeting 5:30-7:30pm swim	Happy Thanksgiving! No practice	No practice	No practice	
Senior	6:30-6:55pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	5:30-7:00am swim 6:30-6:50pm dryland 7:00-8:30pm swim	Happy Thanksgiving! No practice	No practice		
Junior Elite	5:00-5:30pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim	5:30-7:30pm swim	Happy Thanksgiving! No practice	No practice	No practice	
Junior Advanced	4:30-6:00pm swim 6:05-6:30pm dryland	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	Happy Thanksgiving! No practice	No practice		
Junior Development	4:30-5:30pm swim 5:35-6:00pm dryland	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim	Happy Thanksgiving! No practice	No practice	No practice	
Junior Mini	4:30-5:30pm swim w/JA	5:30-5:50pm dryland 6:00-7:00pm swim	4:30-5:30pm swim w/JA	Happy Thanksgiving! No practice	No practice		