



April 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Alpha-3:30-4:45pm Echo-4:45-5:30pm Delta-5:30-6:15pm Bravo-6:15-7:15pm Charlie-7:15-8:15pm	2 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am Future -1:30-2:30pm Future 56-2:30-3:15pm
3 OFF	4 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	5 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	6 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	7 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	8 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo-5:45-6:45pm Charlie-6:45-7:45pm	9 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am
10 OFF	11 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	12 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	13 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	14 <u>ALL OFF</u> FLORIDA ISCA MEET	15 GOOD FRIDAY ALL OFF FLORIDA ISCA MEET	16 PASSOVER ALL OFF FLORIDA ISCA MEET
17 EASTER ALL OFF FLORIDA ISCA MEET	18 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	19 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	20 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	21 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	22 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo-5:45-6:45pm Charlie-6:45-7:45pm	23 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am
24 OFF	25 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	26 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	27 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	28 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	29 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo-5:45-6:45pm Charlie-6:45-7:45pm	30 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am Tentative LCM at Chlesea Piers
	MARK YOUR CALENDAR DOLPHINS RECOGNITION & AWARDS DAY SUN JUNE 5		APR 13-16 - ISCA AGE GROUP MEET ST PETERSBURG, FLA Golf Final 21-22 Practice is March 31 Future/FT56 Final 21-22 Practice is April 2			





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Tentative LCM at Chlesea Piers	2 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	3 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	4 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	5 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	6 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo-5:45-6:45pm Charlie-6:45-7:45pm	7 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am
8 OFF	9 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	10 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	11 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	12 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	13 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo-5:45-6:45pm Charlie-6:45-7:45pm	14 NO PRACTICES LONG COURSE MEET AT GREENWICH YMCA-SIGNUP REQD
15 NO PRACTICES LONG COURSE MEET AT GREENWICH YMCA-SIGNUP REQD	16 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	17 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	18 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	19 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	20 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo-5:45-6:45pm Charlie-6:45-7:45pm	21 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am
22 OFF	23 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	24 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm	25 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	26 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	27 NO PRACTICES LONG COURSE MEET AT CHELSEA PIERS-SIGNUP REQ'D	28 NO PRACTICES LONG COURSE MEET AT CHELSEA PIERS-SIGNUP REQ'D
29 NO PRACTICES LONG COURSE MEET AT CHELSEA PIERS-SIGNUP REQ'D	30 MEMORIAL DAY <u>ALL OFF</u>	31 <u>Alpha-5:30-7:00am</u> Delta-4:30-5:30pm Charlie-5:30-6:30pm Bravo-6:30-8:00pm				
	MARK YOUR CALENDAR DOLPHINS RECOGNITION & AWARDS DAY SUN JUNE 5					



June 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	2 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	3 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo & Charlie 5:45-6:45pm	4 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am
5 MARK YOUR CALENDAR DOLPHINS RECOGNITION & AWARDS DAY SUN JUNE 5	6 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	7 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	8 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	9 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	10 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo & Charlie 5:45-6:45pm	11 NO PRACTICES LONG COURSE MEET AT GREENWICH YMCA-SIGNUP REQD
12 NO PRACTICES LONG COURSE MEET AT GREENWICH YMCA-SIGNUP REQD	13 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	14 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	15 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	16 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	17 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo & Charlie 5:45-6:45pm	18 NO PRACTICES LONG COURSE MEET AT CHELSEA PIERS-SIGNUP REQ'D
19 NO PRACTICES LONG COURSE MEET AT CHELSEA PIERS-SIGNUP REQ'D	20 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	21 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	22 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	23 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	24 Alpha-3:30-4:45pm Echo & Delta: <u>4:45-5:45pm</u> Bravo & Charlie 5:45-6:45pm	25 CT OPEN WATER CHAMPS DETAILS TBA LAKE QUASSY
26	27 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	28 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	29 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	30 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm		
						



July 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Alpha-3:30-4:45pm <u>Echo & Delta:</u> <u>4:45-5:45pm</u> Bravo & Charlie 5:45-6:45pm	2 Alpha-6:00-7:15am Bravo-7:15-8:15am Delta-8:15-9:00am
3 TBA	4 OFF	5 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	6 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	7 <u>CT SENIOR</u> CHAMPIONSHIPS DETAILS TBA {Practices TBA}	8 <u>CT SENIOR</u> CHAMPIONSHIPS DETAILS TBA	9 <u>CT SENIOR</u> CHAMPIONSHIPS DETAILS TBA
10 <u>CT SENIOR</u> CHAMPIONSHIPS DETAILS TBA	11 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	12 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	13 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	14 <u>Bravo-5:30-7:00am</u> Delta-5:15-6:15pm Alpha-6:15-8:15pm	15 <u>CT REGIONAL</u> CHAMPIONSHIPS DETAILS TBA {Practices TBA}	16 <u>CT REGIONAL</u> CHAMPIONSHIPS DETAILS TBA
17 <u>CT REGIONAL</u> CHAMPIONSHIPS DETAILS TBA	18 Foxtrot-4:30-5:15pm Echo-5:15-6:00pm <u>Alpha-6:00-7:30pm</u> Bravo/Charlie: 7:30-8:30pm	19 Delta & Charlie: <u>4:30-5:30pm</u> Bravo-5:30-6:30pm Alpha - 6:30-8:00pm	20 Foxtrot-3:45-4:30pm Echo-4:30-5:15pm Charlie-5:15-6:15pm Bravo-6:15-7:30pm Alpha-6:15-8:15pm	21 <u>CT STATE AGE GROUP</u> CHAMPIONSHIPS DETAILS TBA {Practices TBA}	22 <u>CT STATE AGE GROUP</u> CHAMPIONSHIPS DETAILS TBA	23 <u>CT STATE AGE GROUP</u> CHAMPIONSHIPS DETAILS TBA
24 <u>CT STATE AGE GROUP</u> CHAMPIONSHIPS DETAILS TBA	25 <u>TBA</u>	26 <u>TBA</u>	27 <u>TBA</u>	28 <u>TBA</u>	29 <u>TBA</u>	30 <u>TBA</u>
31 TBA			July 26-30 - USA Swimming Senior Nationals, Irvine, CA July 27-31 - NCSA Championships - Indianapolis, IN July 27-30 - USA Swimming Future Championships, Geneva, OH Aug 1-5 - USA Swimming Junior National Championship, Irvine, CA Aug 3-6 - USA Eastern Zone Age Group Championships - Site TBD			

