

\*\*\*Swimmers Please Always be at the Pool 15min Before Practice Starts\*\*\*

HELL WEEK SCHEDULE - December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 Session 1: Dryland @VMAC 4:30pm-5:00pm  Session 2: Swim Practice @VMAC 5:15pm-7:00pm	19 Session 3: Dryland @VMAC 4:30pm-5:00pm  Session 4: Swim Practice @VMAC 5:15pm-7:00pm	20
21	22 Session 5: Dryland @VMAC 4:00pm-5:00pm  Session 6: Swim Practice @VMAC 5:15pm-7:00pm	23 Session 7: Dryland @VMAC 4:00pm-5:00pm  Session 8: Swim Practice @VMAC 5:15pm-7:00pm	24  Christmas Eve (NO PRACTCE)	25  MERRY CHRISTMAS!!! (No Practice)	26 Session 9: Dryland @VMAC 4:00pm-5:00pm  Session 10:Swim Practice @VMAC 5:15pm-7:00pm	27 Morning Practice: Swim - @Magic Island OR Dryland - @VMAC
28	29	30	31			

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