


OCTOBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1	2	3
4	5	6	7	8	9	10
11 <b>Freestyle &amp; Backstroke Week</b>	12 B: 5-6pm I: 6-7pm A: 7-8:30pm	13 B: 5-6pm I: 6-7pm A: 7-8:30pm	14 B: 5:30-6:30pm Int & Adv: 6:45-7:45pm	15 B: 5-6pm I: 6-7pm A: 7-8:30pm	16 B: 5-6pm I: 6-7pm A: 7-8:30pm	17
18 <b>Breastroke Week</b>	19 B: 5-6pm I: 6-7pm A: 7-8:30pm	20 B: 5-6pm I: 6-7pm A: 7-8:30pm	21 B: 5:30-6:30pm Int & Adv: 6:45-7:45pm	22 B: 5-6pm I: 6-7pm A: 7-8:30pm	23 B: 5-6pm I: 6-7pm A: 7-8:30pm	24
25 <b>Butterfly Week</b>	26 B: 5-6pm I: 6-7pm A: 7-8:30pm	27 B: 5-6pm I: 6-7pm A: 7-8:30pm	28 B: 5:30-6:30pm Int & Adv: 6:45-7:45pm	29 B: 5-6pm I: 6-7pm A: 7-8:30pm	30 B: 5-6pm I: 6-7pm A: 7-8:30pm Halloween Night!	31 

# OCT

NOTES

Wednesday nights will be Beginners in the water working on technique/drill. Intermediate and Advanced will have the opportunity to weight lift but if you need to swim then you can.