





MOST PRACTICES THIS SUMMER WILL BE AT LHS. (BRN)-Burnett Park, (DL)-Dry-land included.

SUNDAY	MONDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY		SATURDAY
29		30		1			2		3		4	5
	Sr/Jr	7-9am	Sr/Jr	7-9am	Sr/Jr	(DL)	7-9am	Sr/Jr (BRN)	6:45-8:30a	Sr/Jr	(BRN) 6:45-8:30ai	Syracuse
	AG2/AG1	7-8:30pm	AG2	7-8:30pm	AG1		7-8:30pm	AG2/AG1	7-8:30pm			Swim Meet
				7:00-7:50pm			00-7:50pm	1				
		ssons 5-7p	Swim Le	ssons 5-7p	Swin	n Less	ons 5-7p	Swim Les				Burnett Park
6		7		8			9		10		11	12
	-	-	-	N) 6:45-8:30a				Sr/Jr (BRN)		Sr/Jr	7-9am	
	AG2/AG1	7-8:30pm	AG2	7-8:30pm	AG1		7-8:30pm	AG2/AG1	7-8:30pm			
	0			7:00-7:50pm			00-7:50pm	1				
13		ssons 5-7p 1.4	Swim Le	ssons 5-7p 15	SWIN	n Less	ons 5-7p 16	Swim Les	sons 5-7p 1 7		18	19
1.5			Cw/ Iw /DDA	ع ا N) 6:45-8:30a	C =/ 1 =	/DL\		Sr/Jr (BRN)				19
	AG2/AG1	7-8:30pm	AG2	7-8:30pm	AG1		7-9aiii 7-8:30pm	AG2/AG1	7-8:30pm	31/31	7-0:30aiii	
	AGZIAGI	7-0.30pm		7:00-7:50pm	_		7-6.30pm 00-7:50pm	1	7-0.30pm			
	Swimles	ssons 5-7p	l	ssons 5-7p			ons 5-7p	Swim Les	sons 5-7n		Niagara GOLI	DS - Ithaca
20		21	OWIIII EO	22		7 2000	23		24		25	26
) 6:45-8:30a	Sr/Jr	7-8:30pm			7-8:30pm		6-7:30pm		No Practices	
	AG2/AG1	6-7:30pm		7-8:30pm	AG1		7-8:30pm	AG2/AG1	6-7:30pm			
		-	Dev	6-7pm			-		•			
Golds								AAU Ju	nior Olympics - Houston,		, TX	
27		28		29			30		31		1	2
AAU National	No Pra	actices	Sr/Jr (BRN	N) 6:45-8:30a	Sr/Jr	(DL)	7-9am	Sr/Jr (BRN)	6:45-8:30a	Sr/Jr	7-8:30am	
Junior Olympics			AG2(BRN)	7-8:30am	AG1		6-7:30pm	AG2/AG1	6-7:30pm			
					Dev		6-7pm	Dev	6-7pm			
Houston, TX	LHS POOL CLOSED FOR CLEANING											
3		4		5			6		7	_	8	9
	Sr/Jr	7-8:30am		7-8:30am			7-8:30am	TIME T			mmer Session	
	AG2/AG1	-	AG2/AG1	•			7-8:30pm		•		ls complete!	
	Swim Cam	p 5-7pm	Swim Can	np 5-7pm	Swim	Camp	5-7pm	6:10pm	Racing			

July 5th - Syracuse Swim Meet - Burnett Park - LONG COURSE Meet - details available online .

July 22-27 - AAU Junior Olympics - Congrats to those that qualified - travel safe...Let's Go JETS!!!

August 7 - JETS Time Trial at Liverpool High School (All groups AND Swim Camp)