

Junior Schedule from June 10th to August 11th

Monday	10-Jun	BAC		NPCP 3:45 - 5:30 pm	
Tuesday	11-Jun	BAC		BAC 3:45 - 5:20 pm	DRY LAND 5:30-6:00 pm
Wednesday	12-Jun	BAC		NPCP3:45 - 5:20 pm	YOGA 5:30-6:10 pm
Thursday	13-Jun	BAC	Seaworld @Orlando	BAC 3:45 - 5:20 pm	DRY LAND 5:30-6:00 pm
Friday	14-Jun		Seaworld @Orlando/ Friday Night Lights	OFF	
Saturday	15-Jun		Seaworld @Orlando	7:45 - 9:20 AM	
Sunday	16-Jun		Seaworld @Orlando	OFF	
Monday	17-Jun		Seaworld @Orlando	NPCP 3:45 - 5:45 pm	
Tuesday	18-Jun			BAC 3:45 - 5:20 pm	DRY LAND 5:30-6:00 pm
Wednesday	19-Jun			NPCP3:45 - 5:20 pm	YOGA 5:30-6:10 pm
Thursday	20-Jun			BAC 3:45 - 5:20 pm	DRY LAND 5:30-6:00 pm
Friday	21-Jun		Friday Night Lights	OFF	
Saturday	22-Jun			7:45 - 9:20 AM	
Sunday	23-Jun			OFF	
Monday	24-Jun			NPCP 6:15 - 8:00 AM	
Tuesday	25-Jun			BAC 6:00 - 8:00 AM	DRY LAND 8:10 - 9:00am
Wednesday	26-Jun			NPCP 6:15 - 8:00 AM	
Thursday	27-Jun			BAC 6:00 - 8:00 AM	DRY LAND 8:10 - 9:00am
Friday	28-Jun		Friday Night Lights	BAC 6:00 - 8:00 AM	
Saturday	29-Jun		BAC Cup	BAC 6:00 - 8:00 AM	
Sunday	30-Jun			OFF	
Monday	1-Jul			NPCP 6:15 - 8:00 AM	
Tuesday	2-Jul			BAC 6:00 - 8:00 AM	DRY LAND 8:10 - 9:00am
Wednesday	3-Jul		QUEBEC CUP @ OTTAWA, CANADA	BAC 6:00 - 8:00 AM	
Thursday	4-Jul		QUEBEC CUP @ OTTAWA, CANADA	OFF	
Friday	5-Jul		QUEBEC CUP @ OTTAWA, CANADA	BAC 6:00 - 8:00 AM	
Saturday	6-Jul		QUEBEC CUP @ OTTAWA, CANADA	BAC 6:00 - 8:00 AM	
Sunday	7-Jul		QUEBEC CUP @ OTTAWA, CANADA	OFF	
Monday	8-Jul			NPCP 6:15 - 8:00 AM	
Tuesday	9-Jul			BAC 6:15 8:00 AM	
Wednesday	10-Jul			NPCP 6:15 - 8:00 AM	
Thursday	11-Jul			BAC 6:30 - 8:00 AM	
Friday	12-Jul		NJS SB CHAMPS @ BAC (LCM)	BAC 6:30 - 8:00 AM	
Saturday	13-Jul		NJS SB CHAMPS @ BAC (LCM)	BAC 6:30 - 8:00 AM	
Sunday	14-Jul		NJS SB CHAMPS @ BAC (LCM)	OFF	
Monday	15-Jul				
Tuesday	16-Jul			BAC 6:30 - 8:00 AM	
Wednesday	17-Jul			BAC 6:30 - 8:00 AM	
Thursday	18-Jul			BAC 6:30 - 8:00 AM	
Friday	19-Jul		SUMMER CHAMPS @ BAC	OFF	
Saturday	20-Jul		SUMMER CHAMPS @ BAC	OFF	
Sunday	21-Jul		SUMMER CHAMPS @ BAC	OFF	
Monday	22-Jul			BAC 6:30 - 8:00 AM	
Tuesday	23-Jul			BAC 6:30 - 8:00 AM	
Wednesday	24-Jul			BAC 6:30 - 8:00 AM	
Thursday	25-Jul			BAC 6:30 - 8:00 AM	
Friday	26-Jul			BAC 6:30 - 8:00 AM	
Saturday	27-Jul			BAC 6:30 - 8:00 AM	
Sunday	28-Jul			OFF	
Monday	29-Jul			BAC 6:30 - 8:00 AM	
Tuesday	30-Jul			BAC 6:30 - 8:00 AM	
Wednesday	31-Jul		SNR ZONES @ BUFFALO	BAC 6:30 - 8:00 AM	
Thursday	1-Aug		SNR ZONES @ BUFFALO	BAC 6:30 - 8:00 AM	
Friday	2-Aug		SNR ZONES @ BUFFALO	BAC 6:30 - 8:00 AM	
Saturday	3-Aug		SNR ZONES @ BUFFALO	BAC 6:30 - 8:00 AM	
Sunday	4-Aug		SNR ZONES @ BUFFALO	OFF	
Monday	5-Aug		USA SWIMMING JNR NATIONAL	BAC 6:30 - 8:00 AM	
Tuesday	6-Aug		USA SWIMMING JNR NATIONAL	BAC 6:30 - 8:00 AM	
Wednesday	7-Aug		USA SWIMMING JNR NATIONAL/AG Zones	Summer Break	
Thursday	8-Aug		USA SWIMMING JNR NATIONAL/AG Zones	Summer Break	
Friday	9-Aug		USA SWIMMING JNR NATIONAL/AG Zones	Summer Break	
Saturday	10-Aug		USA SWIMMING JNR NATIONAL/AG Zones	Summer Break	
Sunday	11-Aug			Summer Break	

Summer Break  
August 7th to September 3rd