

Sun	Mon	Tue	Wed	Thu	Fri	Sat
* Dryland will be part of this practice	1 No Practice	2 No Practice	3 No Practice	4 Required Parents Meeting <u>Group 1– 6-6:30 pm</u> returning families on the team 3 or more years <u>Group 2–6:30 –7:30pm</u> 1st or 2nd year on the team	5 All Groups 5:30-7:30 pm Team event outside @ PMS	6 No Practice
7 No Practice	8 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Lessons 4:30-5:30p Adv. SS 7:45-8:40p	9 Silver 6:45-8:45 p Black 5:45-7:45p Mini Plus 5:45-6:45p Mini 5:45-6:30p SS 4:30-5:25 p	10 No Practice	11 Silver 6:45-8:45 p Red 5:45-7:15p* Mini Plus 5:30-6:45p* Mini 5:30-6:30p* SS 4:30-5:25 p	12 Silver 5:45-7:45p Gold 5:45-7:45p Black 5:45-7:45p	13 Silver 8-10 am Black 8-9:30 am Red 9:30-11 am Mini Plus 10-11 am Mini 10-10:45 am
14 No Practice	15 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Lessons 4:30-5:30p Adv. SS 7:45-8:40p	16 Silver 6:45-8:45 p Black 5:45-7:45p Mini Plus 5:45-6:45p Mini 5:45-6:30p SS 4:30-5:25 p	17 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Lessons 4:30-5:30p Adv. SS 7:45-8:40p	18 Silver 6:45-8:45 p Red 5:45-7:15p* Mini Plus 5:30-6:45p* Mini 5:30-6:30p* SS 4:30-5:25 p Suit Fitting 5-7pm	19 Silver 5:45-7:45p Gold 5:45-7:45p Black 5:45-7:45p	20 No Practice Eastern States Coaches & Swimmers Optional 11 & Over Clinic
21 No Practice	22 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Lessons 4:30-5:30p Adv. SS 7:45-8:40p	23 SS 4:30-5:25 p Intersquad meet For ALL groups 5:45-7:45 Confirm on website under events	24 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Lessons 4:30-5:30p Adv. SS 7:45-8:40p	25 Silver 6:45-8:45 p Red 5:45-7:15p* Mini Plus 5:30-6:45p* Mini 5:30-6:30p* SS 4:30-5:25 p	26 Silver 5:45-7:45p Gold 5:45-7:45p Black 5:45-7:45p	27 Silver 8-10 am Black 8-9:30 am Red 9:30-11 am Mini Plus 10-11 am Mini 10-10:45 am
28 No Practice	29 Silver 5:45-7:45p* Gold 5:45-7:45p* Black 5:45-7:45p* Red 5:45-7:15 p Lessons 4:30-5:30p Adv. SS 7:45-8:40p	30 Silver 6:45-8:45 p Black 5:45-7:45p Mini Plus 5:45-6:45p Mini 5:45-6:30p SS 4:30-5:25 p	September 2025			