

July

2025

	AM	PM
1	7:30 - 8:15	6:00 - 6:45
2	7:30 - 8:30	6:45 - 7:45
3	7:30 - 9:00	7:30 - 8:55

Note: Group 1 does NOT have practice on Tuesdays with the exception of July 1st.



Practices at Harford Community College are in bold*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 AM Practice* PM Practice	2 PM MEET @ Valleybrook	3	4	5
6 PM Practice*	7 AM Practice* PM Practice	8 AM Practice* PM Practice	9 PM MEET @ Rock Spring	10	11	12 AM MEET @ Maryland Golf
13 PM Practice*	14 AM Practice* PM Practice	15 AM Practice* PM Practice	16 PM Practice	17	18	19 HSL CHAMPS Full attendance expected!
20 HSL CHAMPS Could be Sat AND Sun	21	22	23	24	25	26
27	28	29	30	31		

August 13th @ 6:00 pm. End-of-season Swim Team Party!