

December

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1 Technique 3:30-4:15 Sen. 4:15-6:15 AG Dryland 4:15-5:30	2 Sen. 4:15-6:15 Age Group 4:15-5:45	3 No Practice Ensworth Meet	4 No Practice Ensworth Meet
5	6 Sen. 4:15-6:15 Age Group 4:15-5:45	7 Technique 3:30-4:15 Sen. 4:15-6:15 Age Group 4:15-5:45	8 Technique 3:30-4:15 Sen. 4:15-6:15 Age Group 4:15-5:45	9 Sen. 4:15-6:15 AG Dryland 4:15-5:30	10 Sen. 4-5pm	11 Seniors 7-9am Age Group 7-8:30 Technique 9-9:45
12	13 Sen. 4:15-6:15 Age Group 4:15-5:45	14 Technique 3:30-4:15 Sen. 4:15-6:15 AG Dryland 4:15-5:30	15 Technique 3:30-4:15 Sen. 4:15-6:15 Age Group 4:15-5:45	16 No Practice Meet at JFFC	17 Sen. 4:15-6:15	18 Seniors 7-9am Age Group 7-8:30 Technique 9-9:45
19	20 Seniors 7-9am In H-ville Seniors 3-5 Age Group 4:45-6:15	21 Technique 3:30-4:15 Seniors 3-5 Age Group 4:45-6:15	22 Seniors 7-9am In H-ville Technique 3:30-4:15 Seniors 3-5 Age Group 4:45-6:15	23 Seniors 7-9am Age Group 7-8:30	24 Christmas Eve Seniors 7-9am In H-ville	25 No Practice Christmas Day
26	27 Seniors 3-5 Age Group 4:45-6:15	28 Technique 3:30-4:15 Seniors 3-5 Age Group 4:45-6:15	29 Technique 3:30-4:15 Seniors 3-5 Age Group 4:45-6:15	30 Seniors 7:30-9:30am In H-ville Age Group 4:45-6:15	31 Seniors 7-9am In H-ville	1 No Practice New Years Day

Notes:

- Age groupers do dryland once a week, rotating days Tuesday through Thursdays. These days are highlighted in yellow. Swimmers should come prepared with running shoes and athletic attire. We will have to do dryland inside now due to the time change and it being dark so early.
- Senior practice on Fri Dec 10 is from 4-5 due to a high school meet hosted at the Jimmy Floyd.
- There is no practice on December 16 due to a high school meet hosted at the Jimmy Floyd.
- Practices during Christmas break will be 3-5 for seniors and 4:45-6:15 for age group unless otherwise noted. These days are highlighted in green.
- There are several practice options for seniors to attend in Hendersonville. These days are highlighted in blue. Please note there are several changes to the original calendar sent out.
- There is no practice on Christmas Eve, Christmas Day, or New Years Day due to the JFFC being closed.
- This calendar is subject to change. Changes will be sent out via email.