

# November 2011



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above <b>Meet entry due</b>	2 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	3 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	4 3:45-4:45 Studio 5:00-6:30 Green and above	5 HS JV conference  <b>New Hope Meet</b> <b>Be there by 12:10</b> <b>Meet begins 1:15</b>
6 <u>All Swimmers</u> 4:00-5:30	7 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	8 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above <b>Parent meeting 6pm</b>	9 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	10 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	11 3:45-4:45 Studio 5:00-6:30 Green and above	12 HS Section finals
13 <u>All Swimmers</u> 4:00-5:30	14 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	15 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above <b>Meet entry due</b>	16 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	17 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	18 3:45-4:45 Studio 5:00-6:30 Green and above	19 <b>HOME MEET</b> <b>Be there by 11:40</b> <b>Meet begins 1:10</b>
20 <u>All Swimmers</u> 4:00-5:30	21 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	22 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	23 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Breast	24 THANKSGIVING NO PRACTICE	25 NO PRACTICE	26
27 <u>All Swimmers</u> 4:00-5:30	28 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	29 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above <b>Meet entry due</b>	30 <u>Advanced Practice</u> 4:15-5:15 studio 5:30-6:45 Adv pool <u>All swimmers</u> 6:00-6:30 Dryland 6:45- 7:30 Fly	1 3:30-5:30 Advanced 5:30-6:30 mini 5:30-6:45 Green 6:15-7:45 Red and above	2 3:45-4:45 Studio 5:00-6:30 Green and above	3 <b>Superior MEET</b> <b>Watch for meet details</b>