

June

5/30-6/14 Swim Practice

3:45-4:30 10 & Under
 4:30-5:30 11-13
 5:30-6:30 14 & over

Regular Season Swim Practice (begins 6/16)

8:00-9:15 14 & over
 9:15-10:15 11-13
 10:15-11:15 10 & Under

Regular Season Dive Practice

Regular Season AFTERNOON SWIM (begins 6/19)

M, W, Th 5:30-6:30

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	31	1	2	3
		after school	after school	after school	after school	
4	5	6	7	8	9	10
	after school	after school	after school	after school Personal Best Suit Fitting & Store 4-6	after school	
11	12	13	14	15	16	17
Stroke & Turn Meeting @MWD 7-8pm	after school	after school	after school	Pool Opens Full Time No Practice Ice Cream Social 6-7:30 & Parent Meeting	am regular practice am pretzel sale	
18	19	20	21	22	23	24
	am regular practice pm practice Stroke & Turn Mtg @MM 7-8pm	am regular practice	am regular practice am doughnut sale pm practice Diving Mtg @ MWD 6:30pm	am adjusted practice/ Pancake Breakfast pm practice/ treat	am regular practice am pretzel sale	Swim Blast @ Maplewood
25	26	27	28	29	30	
	am regular practice pm practice	am regular practice Fort @ SW	am regular practice am doughnut sale pm practice	am regular practice SW @ MM	am regular practice am pretzel sale	

July

Regular Season
Swim Practice

8:00-9:15 14 & over
9:15-10:15 11-13
10:15-11:15 10 & Under

Regular Season
Dive Practice

Regular Season
AFTERNOON SWIM

M, W, Th 5:30-6:30

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 am regular practice pm practice	4 No Practice Happy 4 th of July!	5 am regular practice am doughnut sale pm practice	6 am regular practice SW @ MW	7 am regular practice am pretzel sale	8 Manorlu @ SW
9	10 am regular practice CJ Martin Relays@ Oreland	11 am regular practice Team Photo	12 am regular practice am doughnut sale pm practice	13 am regular practice pm practice	14 am regular practice am pretzel sale HSC@ SW Senior Night	15
16	17 am regular practice pm practice SW @ UM	18 am regular practice	19 am regular practice am doughnut sale pm practice	20 am regular practice pm practice	21 am regular practice am pretzel sale Team Trip	22
23 Team Party	24 am regular practice pm practice	25 am adjusted practice/ Champs Breakfast pm practice/ treat	26 am regular practice B Champs @MM	27 am regular practice	28 am regular practice Diving Champs @SW	29 A Champs @ UM Banquet
30	31					