

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>December 2009</h1>		<b>1</b> (Elite @ Pennington 5:30-7am) <u>Pool:</u> Elite/Silver 6-8 pm Black OFF Red 6-7:30 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>2</b> <u>Dryland:</u> Elite/Silver: 5-6pm <u>Pool:</u> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>3</b> (Elite @ Pennington 5:30-7am) <u>Pool:</u> Elite/Silver 6-8 pm Black 6-8 pm Red OFF Mini Plus 6-7 pm Mini 6-6:45 pm	<b>4</b> <u>Pool:</u> Elite/Silver 6-8 pm Black 6-8 pm Red 6-7:30 pm	<b>5 Sport Fair swimmers only</b> <b>11 am-1 pm</b> Caitlin Lehmann Meet @ Bergen Comm College Rec Center
		<b>6</b> <b>No Practice</b>	<b>7</b> <u>Dryland:</u> Elite/Silver: 5-6pm <u>Pool:</u> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>8</b> (Elite @ Pennington 5:30-7am) <u>Pool:</u> Elite/Silver 6-8 pm Black OFF Red 6-7:30 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>9</b> <u>Pool:</u> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>10</b> Mini Plus 6-7 pm Mini 6-6:45 pm
<b>13</b> <b>No Practice</b>	<b>14</b> <b>No Practice</b>	<b>15</b> (Elite @ Pennington 5:30-7am) <u>Pool:</u> Elite/Silver 6-8 pm Black OFF Red 6-7:30 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>16</b> <u>Dryland:</u> Elite/Silver: 5-6pm <u>Pool:</u> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>17</b> (Elite @ Pennington 5:30-7am) <u>Pool:</u> Elite/Silver 6-8 pm Black 6-8 pm Red OFF Mini Plus 6-7 pm Mini 6-6:45 pm	<b>18</b> <u>Pool:</u> Elite/Silver 6-8 pm Black 6-8 pm Red 6-7:30 pm	<b>19</b> <b>Inter-squad Holiday Meet</b> <b>11am-2pm</b> <b>All Groups</b>
<b>20</b> <b>No Practice</b>	<b>21</b> <u>Dryland:</u> Elite/Silver: 5-6pm <u>Pool:</u> Elite/Silver 6-8pm Black 6-8 pm Red 6-7:30 pm	<b>22</b> (Elite @ Pennington 5:30-7am) <u>Pool:</u> Elite/Silver 6-8 pm Black OFF Red 6-7:30 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>23</b> <u>Pool:</u> Elite/Silver 4-6 pm Black 4-6 pm Red 4:30-6 pm Mini Plus 6-7 pm Mini 6-6:45 pm	<b>24</b> <u>Pool:</u> Elite/Silver 5:30-8am Black 6-8am	<b>25</b> <b>No Practice</b> <b>Merry Christmas!</b> 	<b>26</b> <b>No Practice</b>
<b>27</b> <b>No Practice</b>	<b>28 Doubles @ JW</b> Elite/Silver 6-8am Elite/Silver 12-2pm Black 12-2pm Red 11-12:30pm Mini Plus 11-12pm	<b>29 Doubles @ JW</b> Elite/Silver 6-8am Elite/Silver 12-2pm Black 12-2pm Red 11-12:30pm Mini Plus 11-12pm Mini 11-11:45am	<b>30 Doubles @ JW</b> Elite/Silver 6-8am Elite/Silver 12-2pm Black 12-2pm Red 11-12:30pm Mini Plus 11-12pm Mini 11-11:45am	<b>31</b> <u>Pool:</u> Elite/Silver 5:30-8am Black 6-8am	<b>1</b> <b>No Practice</b> 	<b>2</b> <b>No Practice</b>