

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|---|
| <h1>September 2010</h1> | | | 1 | 2 | 3 | 4 |
| | | | 5 | 6 | 7 | 8 |
| 12 Season begins tomorrow! | 13 <u>Dryland:</u> Elite/Silver: 5:30-6:30p <u>Pool:</u> Elite/Silver 6:30-8:30p Black 5-7 pm Red 5-6:30pm | 14 No Practice | 15 <u>Dryland:</u> Elite/Silver: 5:30-6:30p <u>Pool:</u> Elite/Silver 6:30-8:30p Black 5-7 pm Red 5-6:30pm | 16 <u>Pool:</u> Elite/Silver 4-7 pm Black 6-8 pm Mini Plus 5-6 pm Mini 4:15-5 pm | 17 <u>Pool:</u> Elite/Silver 4-6 pm Black 5:30-7:30pm Red 6-7:30 pm | 18 <u>Pool:</u> Elite/Silver 7:00-9:00a Black 7-9 am Red 9-10:30 am Mini Plus 9:30-10:30 a Mini- 9:30-10:15 am |
| 19 No Practice | 20 <u>Dryland:</u> Elite/Silver: 5:30-6:30p <u>Pool:</u> Elite/Silver 6:30-8:30p Black 5-7 pm Red 5-6:30pm | 21 <u>Pool:</u> Elite/Silver 4-7 pm Red 6-7:30 pm Mini Plus 5-6 pm Mini 4:15-5 pm | 22 <u>Pool:</u> Elite/Silver 5-6:45pm Black 5-6:45 pm Red 5-6:30pm No locker room access after 6pm-JW Back to School Nite | 23 <u>Pool:</u> Elite/Silver 4-7 pm Black 6-8 pm Mini Plus 5-6 pm Mini 4:15-5 pm | 24 <u>Pool:</u> Elite/Silver 4-6 pm Black 5:30-7:30pm Red 6-7:30 pm | 25 <u>Pool:</u> Elite/Silver 7:00-9:00a Black 7-9 am Red 9-10:30 am Mini Plus 9:30-10:30 a Mini- 9:30-10:15 am |
| 26 No Practice | 27 <u>Dryland:</u> Elite/Silver: 5:30-6:30p <u>Pool:</u> Elite/Silver 6:30-8:30p Black 5-7 pm Red 5-6:30pm | 28 <u>Pool:</u> Elite/Silver 4-7 pm Red 6-7:30 pm Mini Plus 5-6 pm Mini 4:15-5 pm | 29 <u>Dryland:</u> Elite/Silver: 5:30-6:30p <u>Pool:</u> Elite/Silver 6:30-8:30p Black 5-7 pm Red 5-6:30pm | 30 <u>Pool:</u> Elite/Silver 4-7 pm Black 6-8 pm Mini Plus 5-6 pm Mini 4:15-5 pm | | |