

January 2021 - Training

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 Swim: 6:30-8:00 PM	29 Swim: 6:30-8:00 PM	30 Swim: 6:30-8:00 PM	31 NO Practice	January - 1 NO Practice	2 Swim: 7:00-9:00 AM
3	4 Swim: 6:45-8:00 PM	5 Swim: 6:45-8:00 PM	6 Swim: 6:45-8:00 PM	7 Swim: 6:45-8:00 PM	8 Swim: 6:45-8:00 PM	9 Swim: 7:00-9:00 AM
10	11 Swim: 6:45-8:00 PM	12 No Practice	13 Swim: 6:45-8:00 PM	14 Swim: 6:45-8:00 PM	15 Swim: 6:45-8:00 PM	16 B Champs (AM) Surge Block Blast (PM)
17 B Champs (AM) Surge Block Blast (PM)	18 MLK Jr. Day No Practice	19 Swim: 6:45-8:00 PM	20 Swim: 6:45-8:00 PM	21 Swim: 6:45-8:00 PM	22 Swim: 6:45-8:00 PM	23 Swim: 7:00-9:00 AM
24	25 Swim: 6:45-8:00 PM	26 Swim: 6:45-8:00 PM	27 Swim: 6:45-8:00 PM	28 Swim: 6:45-8:00 PM	29 Swim: 6:45-8:00 PM	30 Swim: 7:00-9:00 AM

NOTES: Please contact your group coach regarding make-ups for holidays