

November - Training

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November - 1	2 Swim: 6:45-8:00 PM	3 Swim: 6:45-8:00 PM	4 Swim: 6:45-8:00 PM	5 Swim: 6:45-8:00 PM	6 Swim: 6:45-8:00 PM	7 Swim: 7:00-9:00 AM
8	9 Swim: 6:45-8:00 PM	10 Swim: 6:45-8:00 PM	11 Swim: 6:45-8:00 PM	12 Swim: 6:45-8:00 PM	13 Swim: 6:45-8:00 PM	14 BTA/SS/SRG TRI @ Das Rec
15 BTA/SS/SRG TRI @ Das Rec	16 Swim: 6:45-8:00 PM	17 Swim: 6:45-8:00 PM	18 Swim: 6:45-8:00 PM	19 Swim: 6:45-8:00 PM	20 Swim: 6:45-8:00 PM	21 Swim: 7:00-9:00 AM
22	23 Swim: 6:45-8:00 PM	24 Swim: 6:45-8:00 PM	25 Swim: 4:00-6:00 PM	26 Thanksgiving Break No Practice	27 Thanksgiving Break No Practice	28 Swim: 7:00-9:00 AM
29	30 Swim: 6:45-8:00 PM	December - 1 Swim: 6:45-8:00 PM	2 Swim: 6:45-8:00 PM	3 Swim: 6:45-8:00 PM	4 Swim: 6:45-8:00 PM	5 Swim: 7:00-9:00 AM

NOTES: Please contact your group coach regarding make-ups for 11/26, 11/27