

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 6:30-8:40 Evals for winter swim	31 4:30-5:30 Evals for winter swim				

2010

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 6:30-7:30 Evals for winter swim	2 4:30-5:30 Evals for winter swim	3	4
5	6 Labor Day - CLOSED	7 4-5:45 ALL Force	8 6:30-8 ALL Force Prep	9 4-4:45 ALL NEW Ripples 4:45-5:45 NEW LT	10 4-5 NEW Waves 5-6:30 ALL Force 6:30-7:15 ALL NEW Ripples	11 7:30-9AM ALL Force & Force Prep
12 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force	13 6:30-7:30 Force Prep 7:30-9 Force	14 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	15 6:30-8 Force 5:30-8:30 Suit Fitting 6:30-8 NEW Parent Meeting (Activity Room)	16 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide FHS -NO PRACTICE	17 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	18 7:30-9AM Force & Force Prep
19 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force	20 6:30-7:30 Force Prep 7:30-9 Force	21 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	22 6:30-8 Force	23 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide FHS -NO PRACTICE	24 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	25 7:30-9AM Force & Force Prep
26 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force	27 6:30-7:30 Force Prep 7:30-9 Force	28 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	29 6:30-8 Force	30 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide At FHS 6-8 Force/Force Prep		

2010

October

		<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	2 7:30-9AM Force & Force Prep
3 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force	4 6:30-7:30 Force Prep 7:30-9 Force	5 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	6 6:30-8 Force	7 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide At FHS 6-8 Force/Force Prep	8 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	9 7:30-9AM Force & Force Prep
10 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force Goal Setting - TBA	11 6:30-7:30 Force Prep 7:30-9 Force	12 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	13 6:30-8 Force	14 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide FHS -NO PRACTICE	15 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	16 7:30-9AM Force & Force Prep
17 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force	18 6:30-7:30 Force Prep 7:30-9 Force	19 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	20 6:30-8 Force	21 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide At FHS 6-8 Force/Force Prep	22 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	23 7:30-9AM Force & Force Prep
24 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force Freestyle Discussion	25 6:30-7:30 Force Prep 7:30-9 Force	26 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	27 6:30-8 Force	28 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide At FHS 6-8 Force/Force Prep	29 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	30 7:30-9AM Force & Force Prep
31 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force						

2010

November

		<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 6:30-7:30 Force Prep 7:30-9 Force	2 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	3 6:30-8 Force	4 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide At FHS 6-8 Force/Force Prep	5 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	6 Opening gun
7 3-4 Waves 3-3:45 B Ripples 4-5 Low Tide 5-6 Force Prep 6-8 Force Back stroke Disc. Gp.	8 6:30-7:30 Force Prep 7:30-9 Force	9 4-5:45 Force (Y) 6-7A&B Ripples(FHS) 6-7 Force Prep (FHS) 7-8 Low Tide (FHS) 7-8 Waves (FHS)	10 6:30-8 Force	11 At the Y 4-4:45 All Ripples 4:45-5:45 Low Tide At FHS 6-8 Force/Force Prep	12 4-5 Waves 5-6:30 Force 6:30-7:15A Ripples	13 FCY @ HAGY
14 Breast stroke Discussion Group TBA	15	16	17	18	19	20 CCY @ FCY
21 PUMPKIN PLUNGE MEET ???	22	23	24	25 HAPPY THANKSGIVING! No Practices	26	27
28	29	30				

2010

December

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1	2	3 Mark Schisler ??? Or Capital Classic??	4 Mark Schisler ??? Or Capital Classic??
5 Mark Schisler ??? Or Capital Classic??	6	7	8	9	10	11 RY @ FCY
12 Butterfly Discussion Group – TBA	13	14	15	16	17	18 HAGY Holiday Invitational???
19	20	21	22	23	24 CHRISTMAS EVE! No practices	25 MERRY CHRISTMAS! No practices
26	27	28	29	30	31 NEW YEAR'S EVE No practices	

2010

January

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 HAPPY NEW YEAR No practices
2	3	4	5	6	7	8 Winterfest
9 Winterfest	10	11	12	13	14	15 CUY @ FCY (Location to be confirmed)
16	17	18	19	20	21	22
23	24	25	26	27	28	29 Queen City Classic??
30	31					

2011

February

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5 Dover 3D?
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 C&P Championship Meet
27 C&P Championship Meet	28					

2011

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2	3	4	5 Mimi meet?
6	7	8	9	10	11 District Championship	12 District Championship
13 District Championship	14	15	16	17	18	19
20	21	22	23	24	25	26 Winter Awards Banquet
27	28	29	30	31		

2011

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2
3	4	5 YMCA 2011 Short Course	6 YMCA 2011 Short Course	7 YMCA 2011 Short Course	8 YMCA 2011 Short Course	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2011

May

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CUDA Classic
Mechanics burg PA

2011

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2011