

October

Practice/Meet Locations						
@ Catholic HS						
@ Providence HS						
@ HFFA						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPT 29	SEPT 30	OCT 1	OCT 2	OCT 3	OCT 4	OCT 5
	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 4:15 PM	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 4:15 PM		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 6	OCT 7	OCT 8	OCT 9	OCT 10	OCT 11	OCT 12
	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 4:15 PM	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 4:15 PM		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 13	OCT 14	OCT 15	OCT 16	OCT 17	OCT 18	OCT 19
	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 3:45 PM	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 3:45 PM		
			SWIM SUIT FITTING CAFETERIA - AFTER SCHOOL			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 20	OCT 21	OCT 22	OCT 23	OCT 24	OCT 25	OCT 26
	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 3:45 PM	PRESEASON SWIM 4:15-5:15 PM	PRESEASON WEIGHTS/LIFT 3:45 PM		
		PARENT MEETING ATHLETIC ROOM - 6pm				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
OCT 28	OCT 28	OCT 29	OCT 30	OCT 31		
			FIRST PRACTICE 5:30-6:45 PM	SWIM 5:30-6:45 PM		