


January 2025 – NHS Swimming

(Updated 9Jan2025 - **Subject to Change**)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
N			1 HAPPY  NEW YEAR!!!	2 P 5:45-6:50 AM P 3:30-5:30 B 3:30-5:00	3 P 5:45-6:50 AM P 3:30-6:00 DL B 3:30-5:30 DL	4
5 DL: Dryland Must have <u>ATHLETIC</u> SHOES, shorts & shirt	6 <i>Team Talk</i> P 3:00-6:00 DL B 3:00-5:30 DL	7 P 5:45-6:50 AM P 3:00-5:00 B 3:00-4:30	8 P 3:30-6:00 DL B 3:30-5:30 DL	9 P 5:45-6:50 AM 5:00 HOME SUSQUEHANNA TOWNSHIP (Senior Recognition)	10 P 5:45-6:50 AM P 3:30-6:00 DL B 3:30-5:30 DL	11 P 9:00-11:00 B 9:00-10:30
12 <u>Practice Groups</u> P: Purple B: Black	13 (Rescheduled) 5:00 HOME WAYNESBORO	14 P 5:45-6:50 AM 4:15 @BIG SPRING	15 The Cracked Pot (Present Check) P 3:00-5:30 DL B 3:00-5:00 DL	16 P 5:45-6:50 AM 5:00 @EAST PENN	17 P 5:45-6:50 AM P 3:30-6:00 DL B 3:30-5:30 DL	18
19	20 NO SCHOOL <i>Team Talk</i> P 3:00-6:00 DL B 3:00-5:30 DL 7:00 Booster Mtg	21 P 5:45-6:50 AM 5:00 HOME HALIFAX	22 P 3:00-5:00 B 3:00-4:30 MASH Meet Family Dinner	23 P 5:45-6:50 AM 5:00 HOME TRINITY & JAMES BUCH	24 P 5:45-6:50 AM P 3:30-6:00 DL B 3:30-5:30 DL	25 P 8:00-10:00 B 8:00-9:30
26	27 P 3:00-6:00 DL B 3:00-5:30 DL	28 P 5:45-6:50 AM P 3:30-5:30 B 3:30-5:00	29 P 3:30-6:00 DL B 3:30-5:30 DL	30 P 5:45-6:50 AM P 3:30-5:30 B 3:30-5:00	31 P 5:45-6:50 AM P 3:30-6:00 DL B 3:30-5:30 DL	