

January 2026 – NHS Swimming

(Updated 16Oct2025 - **Subject to Change**)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
N				1 HAPPY  NEW YEAR!!!	2 P 3:20-6:00 DL B 3:20-5:30 DL	3
4 DL: Dryland Must have <u>ATHLETIC</u> <u>SHOES</u> , shorts & shirt	5 <i>Team Talk</i> P 3:00-6:00 DL B 3:00-5:30 DL	6 5:00 HOME WAYNESBORO	7 P 3:20-6:00 DL B 3:20-5:30 DL	8 5:00 HOME SUSQUEHANNA TOWNSHIP & HALIFAX	9 P 3:20-6:00 DL B 3:20-5:30 DL	10 P 8:00-10:00 B 8:00-9:30
11 <u>Practice Groups</u> P: Purple B: Black	12 <i>Team Talk</i> P 3:00-6:00 DL B 3:00-5:30 DL 7:00 Booster Mtg	13 5:00 HOME BIG SPRING	14 P 3:20-6:00 DL B 3:20-5:30 DL	15 5:00 HOME EAST PENN (Senior Recognition)	16 P 3:20-6:00 DL B 3:20-5:30 DL	17 P 8:00-10:00 B 8:00-9:30
18	19 NO SCHOOL <i>Team Talk</i> P 3:00-6:00 DL B 3:00-5:30 DL	20 P 3:20-5:30 B 3:20-5:00	21 P 3:20-7:00 DL B 3:20-7:00 DL Pasta Night!	22 5:00 HOME TRINITY & CHAMBERSBURG (Sr Recognition “Snow” Date)	23 P 3:20-6:00 DL B 3:20-5:30 DL	24
25	26 P 3:00-6:00 DL B 3:00-5:30 DL	27 P 3:20-5:30 B 3:20-5:00	28 P 3:20-6:00 DL B 3:20-5:30 DL	29 P 3:20-5:30 B 3:20-5:00	30 P 3:20-6:00 DL B 3:20-5:30 DL	31