

September 2026

S	M	T	W	R	F	S
30-AUGUST	31-AUGUST	1	2	3	4	5
	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	NO PRACTICES
6	7	8	9	10	11	12
NO PRACTICES	NO PRACTICES Happy Labor Day!	FIRST DAY OF THE SEASON! Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm FCA Parents Meeting @ 6pm	Senior II: 5:45am-7:45am (swim) 6:00pm-7:30pm @ SJU Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: 6:20pm-8:00pm @ SJU	Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	Senior II: 5:45am-7:45am (swim) Senior I: 6:00pm-7:45pm @ SJU Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior II: 10:15am-12:00pm @ SJU
13 Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior I & II: 10:00am-11:30am-Swim	14 Senior I & II: 6:00pm-8:00pm @ SJU Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	15 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	16 Senior II: 5:45am-7:45am (swim) 6:00pm-7:30pm @ SJU Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: 6:20pm-8:00pm @ SJU	17 Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	18 Senior II: 5:45am-7:45am (swim) Senior I: 6:00pm-7:45pm @ SJU Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	19 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior II: 10:15am-12:00pm @ SJU
20 Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior I & II: 10:00am-11:30am-Swim	21 Senior I & II: 6:00pm-8:00pm @ SJU Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	22 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	23 Senior II: 5:45am-7:45am (swim) 6:00pm-7:30pm @ SJU Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: 6:20pm-8:00pm @ SJU	24 Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	25 Senior II: 5:45am-7:45am (swim) Senior I: 6:00pm-7:45pm @ SJU Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	26 Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior II: 10:15am-12:00pm @ SJU
27 Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior I & II: 10:00am-11:30am-Swim	28 MEET COMMIT DEADLINE! Senior I & II: 6:00pm-8:00pm @ SJU Junior I: 5:30pm-6:50pm (No Dryland) Junior II: 6:00pm-6:30pm (Dryland) 6:30pm-8:00pm (Swim)	29 Senior II: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Novice: 5:45pm-6:00pm (Dryland) 6:00pm-7:00pm (Swim) Senior I: 7:00-8:30pm	30 Senior II: 5:45am-7:45am (swim) 6:00pm-7:30pm @ SJU Senior I: 5:00-6:15pm (Swim) 6:15-7:30pm (Lift) Junior I: 5:30-7:15pm (Dryland) Junior II: 6:20pm-8:00pm @ SJU FCA Parents Meeting @ 5:30pm (Virtual)	1-OCTOBER Senior II: 5:00-6:00pm (Swim) 6:15-7:15pm (Lift) Mini: 6:00-6:50pm Novice: 6:00pm-7:00pm Senior I: 7:00-8:30pm	2-OCTOBER Senior II: 5:45am-7:45am (swim) 6:00pm-7:30pm @ SJU (Make-up) Senior I: 6:00pm-7:45pm @ SJU Junior I: 5:30pm-7:00pm (NO Dryland) Junior II: 5:30pm-7:00pm (NO Dryland)	3-OCTOBER Senior I & II: 7:00am-9:00am: Swim 9:00am-1000am-Dryland/Yoga Mini: 9:00am-9:50am Novice: 9:00am-10:00am Junior II: 10:15am-12:00pm @ SJU © Carmen Morel 2020