

December 2026 - NHS Swimming Schedule

Updated 23Sept2026 – (Subject to Change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Celebrating our 25 th Season of <u>Seeking Excellence Together!</u>						
Practice Groups P: Purple B: Black		1 P 3:15-5:30 B 3:15-5:00	2 (P) 6:00 AM DL P 3:15-5:30 B 3:15-5:45 DL	3 5:00 HOME MECH SCRIMMAGE	4 P 3:15-6:00 DL B 3:15-5:30 DL	5
6 DL: Dryland For Dryland: Must have ATHLETIC SHOES, shorts & shirt	7 (P) 6:00 AM DL <i>Team Talk</i> P 3:00-5:30 B 3:00-5:45 DL	8 5:00 @DOVER (Snacks provided by parents for return)	9 (P) 6:00 AM DL P 3:15-5:30 B 3:15-5:45 DL	10 P 3:15-5:30 B 3:15-5:00 5-9 Raising Cane's Fundraiser	11 P 3:15-6:00 DL B 3:15-5:30 DL	12
13	14 (P) 6:00 AM DL <i>Team Talk</i> P 3:00-5:30 B 3:00-5:45 DL 7:00 Booster Mtg	15 4:30@ Shippensburg (Dinner stop at Chic-fil-A on return, provided by Boosters)	16 (P) 6:00 AM DL P 3:15-5:30 B 3:15-5:45 DL	17 4:30@MECH with CV	18 P 3:15-6:00 DL B 3:15-5:30 DL	19 P 8:00-11:00 B 8:00-11:00 ?Team Breakfast?
20	21 (P) 6:00 AM DL P 3:15-5:30 B 3:15-5:45 DL	22 P 3:15-5:30 B 3:15-5:00	23 Early Dismissal <i>Team Talk</i> P 11:15-2:00 B 11:15-1:30	24 NO SCHOOL ALL Swimmers 8:00-11:00 AM	25  Merry Christmas!!!	26
27	28 10:00AM-1:00PM "Swim-a-Mile, Bring-a-Smile" Fundraiser	29 NO SCHOOL P 3:15-6:00 DL B 3:15-5:30 DL	30 NO SCHOOL P 3:15-6:00 DL B 3:15-5:30 DL	31 NO SCHOOL P 8:00-10:30 DL B 8:00-10:00 DL		