JANUARY 2015

Anna 203-535-4520

Sun	*Mon*	*Tue*	*Wed*	*Thu*	*Fri*	*Sat*
				1 NEW YEARS DAY NO PRACTICE	**2**	**3** All Swimmers 10-1:30 except 16/17 Team 9-1:30
4	**5** Intermediates 5-7:30 16/17 Team 5-8:15	**6** 13/15 Team 6:15-8:45 16/17 Team 6:15-8:45 Combo 6:15-9:00	**7** Intermediates 5-7:30 13/15 Team 5-8:15	**8** Small Routines 6:15-8:45	**9**	**10** All Swimmers 10-1:30 except 16/17 Team 9-1:30 1:30 Lunch (provided for swimmers & coaches) Hula Hoop Core Class 2:30-3:30
11	**12** Intermediates 5-7:30 16/17 Team 5-8:15	**13** 13/15 Team 6:15-8:45 16/17 Team 6:15-8:45 Combo 6:15-9:00	**14** Intermediates 5-7:30 13/15 Team 5-8:15	**15** Small Routines 6:15-8:45	**16**	**17** All Swimmers 10-1:30 Except 16/17 Team 9-1:30
18	**19** Martin Luther King No Practice	**20** 13/15 Team 6:15-8:45 16/17 Team 6:15-8:45 Combo 6:15-9:00 *HHS Swim Meet Pool Time 7:45	**21** Intermediates 5-7:30 13/15 Team 5-8:15 16/17 Team 5-8:15 Combo 7:00-7:30	**22** Small Routines 6:15-8:45	**23**	**24** All Swimmers 10-1:30 Except 16/17 Team 9-1:30
25 13/15, Jr & Sr Tri- State Association Meet	**26** Intermediates 5-7:30 16/17 Team 5-8:15	**27** 13/15 Team 6:15-8:45 16/17 Team 6:15-8:45 Combo 6:15-9:00 * HHS Swim Meet Pool Time 7:45	**22** Intermediates 5-7:30 13/15 Team 5-8:15	**22** Small Routines 6:15-8:45	**30**	**31** All Swimmers 10-1:30 Except 16/17 Team 9-1:30