

May/June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 NO PRACTICE	28 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	29 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	30 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	31 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	1
2 NO PRACTICE	3 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	4 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	5 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	6 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	7 SW – 5:00-7:30 am Senior Gold & Silver CM – 5:00-7:00 am Senior Prep	8
9 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	10 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	11 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	12 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	13 SW – 4:30-6:45 am Senior Gold & Silver	14 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	15
16 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	17 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	18 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	19 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	20 SW – 6:00-8:15 am Senior Gold & Silver	21 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	22
23 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	24 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	25 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	26 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	27 SW – 4:30-6:45 am Senior Gold & Silver	28 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	29

SW – Southern Walk (43081 Village Drive, Broadlands, VA 20148)

CM – Claude Moore Recreation Center (46105 Loudoun Park Lane, Sterling, VA 20164)

June/July/August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	1 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	2 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	3 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	4 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	5 NO PRACTICE	6
7 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	8 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	9 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	10 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	11 SW – 4:30-6:45 am Senior Gold & Silver	12 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	13
14 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	15 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	16 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	17 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	18 SW – 6:00-8:15 am Senior Gold & Silver	19 SW – 6:00-8:15 am Senior Gold & Silver SW – 6:45-8:15 am Senior Prep	20
21 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	22 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	23 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	24 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	25 SW – 4:30-6:45 am Senior Gold & Silver	26 SW – 4:30-6:45 am Senior Gold & Silver SW – 4:30-6:00 am Senior Prep	27
28 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep	29 SW – 5:00-7:30 am Senior Gold, Silver, Prep & Zone swimmers	30 SW – 5:00-7:30 am Senior Gold, Silver, Prep & Zone swimmers	31 SW – 5:00-7:30 am Senior Gold, Silver, Prep & Zone swimmers	1 SW – 5:00-7:30 am Senior Gold, Silver, Prep & Zone swimmers	2 SW – 5:00-7:30 am Senior Gold, Silver, Prep & Zone swimmers	3

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August/September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 SW – 5:00-7:30 am Senior Gold, Silver, Prep & Zone swimmers	6	7	8	9	10
11	12	13	14	15 SW – 5:00-7:30 am Senior Gold & Silver	16 SW – 5:00-7:30 am Senior Gold & Silver	17
18 SW – 6:00-8:30 am Senior Gold & Silver	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3 SW – 5:00-7:30 am Senior Gold & Silver SW – 5:00-7:00 am Senior Prep	4 SW – 5:00-7:30 am Senior Gold & Silver SW – 5:00-7:00 am Senior Prep	5 SW – 5:00-7:30 am Senior Gold & Silver SW – 5:00-7:00 am Senior Prep	6 SW – 5:00-7:30 am Senior Gold & Silver SW – 5:00-7:00 am Senior Prep	7
8 SW – 6:00-8:30 am Senior Gold & Silver SW – 6:00-8:00 am Senior Prep						

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