

November 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|--|---|--|--|---|---|
| 14 OFF | 15 OFF | 16 Optional 6:15am - 7:30am <i>Team Meeting 3:15pm</i> | 17 Goal Meetings NO PRACTICE | 18 Optional 6:15am - 7:30am Goal Meetings | 19 Goal Meetings Swim 3:15 - 6:00 | 20 Swim 8:00 - 12:30 |
| 21 OFF | 22 Swim 3:15 - 6:00 <i>Parents Meeting 6:00</i> | 23 AM Swim 6:15 - 7:30 Swim 3:15 - 6:00 | 24 OFF | 25 OFF | 26 Swim 8:00 - 12:30 Dive 11:00 - 1:00 | 27 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 28 OFF | 29 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 30 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 1 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 2 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 3 Swim 3:15 - 6:00 | 4 OFF |

December 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|---|---|-------------------------------|---|
| 5 OFF | 6 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 7 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 8 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 9 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 10 Swim 3:15 - 6:00 | 11 OFF |
| 12 OFF | 13 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 14 EA Home W/AIS 3:45 EA MS Away 3:30 | 15 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 16 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 17 Swim 3:15 - 6:00 | 18 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 19 OFF | 20 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 21 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 22 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 23 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 24 OFF | 25 OFF |
| 26 OFF | 27 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 28 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 29 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 30 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 31 OFF | 1 OFF |

January 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|---|---|---|-------------------------------|---|
| 2 OFF | 3 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 4 HHS Home W/AIS 3:45 | 5 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 6 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 7 Swim 3:15 - 6:00 | 8 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 9 OFF | 10 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 11 MP Away W/ MS 3:45 | 12 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 13 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 14 Swim 3:15 - 6:00 | 15 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 16 OFF | 17 Swim 8:00 - 11:00 Dive 11:00 - 1:00 | 18 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 19 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 20 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 21 Swim 3:15 - 6:00 | 22 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 23 OFF | 24 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 25 PC Home W/AIS 3:45 PC MS Away 3:30 | 26 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 27 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 28 Swim 3:15 - 6:00 | 29 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 30 OFF | 31 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 1 GA Away W/AIS 3:45 GA MS Home 3:30 | 2 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 3 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 4 Swim 3:15 - 6:00 | 5 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |

February 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|--|---|-------------------------------------|---|
| 6 OFF | 7 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 8 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 9 Swim 3:15 - 6:00 Dive 5:30 - 7:30 | 10 AM Swim 6:15 - 7:30 Swim/Dive 3:15 - 6:00 | 11 Swim/Dive 3:15 - 6:00 | 12 IA Swim Champs @ EA IA Dive Champs @ GA |
| 13 OFF | 14 IA MS Champs @ MP Swim/Dive 3:15 - 6:00 | 15 Swim/Dive 3:15 - 6:00 | 16 Swim/Dive 3:15 - 6:00 | 17 Swim/Dive 3:15 - 6:00 | 18 Swim/Dive 8:00 - 12:00 | 19 Swim 8:00 - 12:30 Dive 11:00 - 1:00 |
| 20 OFF | 21 Swim/Dive 3:15 - 6:00 | 22 Swim/Dive 3:15 - 6:00 | 23 Swim/Dive 3:15 - 6:00 | 24 EASTERNS | 25 EASTERNS | 26 EASTERNS |