

## March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Regular Practice NO DRY LANDS 4	Regular Practice No early am 5	Regular Practice NO DRY LANDS 6	Regular Practice 7	Regular Practice NO DRY LANDS 8	No practice after 9:45a Due to event at the Y 9	OFF 10
Regular Practice NO DRY LANDS 11	Regular Practice 12	Regular Practice NO DRY LANDS 13	Regular Practice 14	Age Groups or P120-4:00-5:30p P105-4:00-5:30p P90-4:00-5:30p Juniors-5:30-6:45p Neptune-5:30-6:45p Nautilus-4:30-5:30p Maia-5:30-6:15p 15	Age Groups or P90, P105, P120 9:45-11:00a All others regular 16	Age Groups or OFF 17
P120-3:30-5:30p P105-3:45-5:30p P90-4:00-5:30p Juniors-6:15-7:30p Neptune-6:15-7:30p Nautilus-6:15-7:15p Maia-4:45-5:30p Spr Clinic-5:30-6:15p 18	P120-3:15-4:45p P105-6:30-8:00p P90-6:30-8:00p Juniors-6:30-8:00p Neptune-6:30-8:00p Nautilus-OFF Maia-OFF House Int-4:45-5:30p Spr Clinic-4:00-4:45p 19	P120-3:30-5:30p P105-3:45-5:30p P90-4:00-5:30p Juniors-6:15-7:30p Neptune-6:15-7:30p Nautilus-6:15-7:15p Maia-4:45-5:30p Spr Clinic-5:30-6:15p 20	P120-6:30-8:00p P105-6:30-8:00p P90-6:30-8:00p Juniors-6:30-8:00p Neptune-OFF Nautilus-6:30-7:30p Maia-OFF House Int-4:45-5:30p Spr Clinic-4:00-4:45p 21	P120-3:30-5:30p P105-3:45-5:30p P90-4:00-5:30p Juniors-5:30-7:00p Neptune-5:30-6:45p Nautilus-5:30-6:30p Maia @ RYWC 22-8/Unders @ RYWC	Maia-8:15-9:00a House Int-9:00-9:45a All others @ Y All-Stars 23	Y All-Start Meet @ Wesleyan 24
P120-3:30-5:30p P105-3:45-5:30p P90-4:00-5:30p All others Meet of Champions 5:30p Warm-up 6:00p Start 25	P120-3:15-4:45p P105-6:30-8:00p P90-6:30-8:00p Juniors-6:30-8:00p Neptune-6:30-8:00p Nautilus-OFF Maia-OFF Spr House-4:00-4:45p Spr House-4:45-5:30p 26	P120-3:30-5:30p P105-3:45-5:30p P90-4:00-5:30p Juniors-6:15-7:30p Neptune-6:15-7:30p Nautilus-6:15-7:15p Maia-4:45-5:30p Spr House-5:30-6:15p 27	P120-3:15-4:45p P105-6:30-8:00p P90-6:30-8:00p Juniors-6:30-7:45p Neptune-OFF Nautilus-6:30-7:30p Maia-OFF Spr House-4:00-4:45p Spr House-4:45-5:30p 28	All Groups Fun Swim Day 5:15-6:45p 29	OFF Spr House 9:00-9:45a 30	OFF 31

## April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13/Overs - 3:30-4:45p Power Hour-4:45-6p House-5:30-6:15p 1	13/Overs - 3:15-4:45p Power Hour-6:30-7:30 House-4:00-4:45p House-4:45-5:30p 2	13/Overs - 3:30-4:45p Power Hour-4:45-6p House-5:30-6:15p 3	13/Overs - 3:15-4:45p Power Hour-6:30-7:30 House-4:00-4:45p House-4:45-5:30p 4	13/Overs - 3:30-4:45p Power Hour-4:45-6p 5	House - 9-9:45a All others OFF 6	OFF 7