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| MAY/JUNE 2019 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4First morning of practice | 5 | 6 | 7**PARENT MEETING 10 AM** Donut Friday! | 8 |
| 9 | 10 | 11Swim MeetAVA @ ORCC | 12**HDW** Prep MeetAVA @ ORCC 5PM | 13Swim MeetPV @ AVA | 14Donut Friday! | 15 |
| 16 | 17**FREE SWIM LESSONS** | 18**FREE SWIM LESSONS** | 19**HDW****FREE SWIM LESSONS** | 20**FREE SWIM LESSONS** | 21 **Team Pix 8:30 – Combined practice**Donut Friday!  **FREE SWIM LESSONS** | 22Pete Johnston Invitational @ BH8:15am |
| 23 | 24 | 25 | 26**HDW**Prep MeetBH @ AVA 10AM | 27Swim MeetAR @ AVA | 28Donut Friday! | 29LMP Memorial @ AVA 9am |
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| JULY/AUGUST 2019 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 30LMP MemorialRain date | 1 | 2 | 3**HDW** | 4No practice | 5Donut Friday! | 6 |
| 7 | 8 | 9 | 10 **HDW**Prep Meet SYC &PV @ AVA 10AM | 11Swim Meet SYC @ AVA | 12Donut Friday! | 13 |
| 14 | 15 | 16 | 17  **HDW**Prep MeetAVA @ AR 10AM | 18Swim MeetAVA @ AP | 19Donut Friday! | 20 |
| 21 | 22 | 23Swim MeetBH @ AVA | 24**HDW**Prep MeetAVA @ AP 5PM | 25 | 26Donut Friday!CNP Prep InvAM more info to come | 27 |
| 28 | 29**MEET LOCATIONS: AP – ARLINGTON PARK AR – AUTUMN RIDGE** **BH - BLACKHAWK GA – GLEN AQUA****AP – ARLINGTON PARK ORCC – ORCHARD RIDGE CNP – CLUB NORTH POINT** **BH – BLACKHAWK PV – PINE VALLEY POCO – POCOHONTAS****CC – COLUMBIA CITY SYC – SYCAMORE HDW – HOT DOG WEDNESDAY** | 30 | 31**HDW** | 1**PEP RALLY****BANQUET** | 2CITY SWIM MEET | 3CITY SWIM MEET |
| 4CITY SWIM MEET | **Morning Practice Schedule:****9-10:15 AM (11 and Over)** **10:15-11 AM (10 and Under)****7:30 – 8:30 PM (11 and Overs) 10:00 – 11 AM (10 and Unders)** |

