

~ DATES & TIMES ARE SUBJECT TO CHANGE ~

Updated 12-14-16

January 2017							February 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 <b>No Practice</b> <b>New Year's Day</b>	2 <b>No Practice</b> Pool closes at 4:30 pm	3 <b>No Practice</b>	4 Junior A & Senior 6:30PM-8:30PM	5 Junior A & Senior 6:30PM-8:30PM	6 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	7 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM	
8 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	9 Junior B & Senior 7:30PM-9:30PM	10 <b>No Practice</b>	11 Junior A & Senior 6:30PM-8:30PM	12 Junior A & Senior 6:30PM-8:30PM	13 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	14 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM LIE Winterfest Meet	
15 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM LIE Winterfest Meet	16 <b>No Practice</b> <b>Martin Luther King Day</b> Pool closes at 4:30 pm	17 <b>No Practice</b>	18 Junior A & Senior 6:30PM-8:30PM	19 Junior A & Senior 6:30PM-8:30PM	20 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	21 Practice Time Adjustment Freshman & Junior B 3:00PM-4:15PM Junior A & Senior 4:15PM-6:00PM Holiday / Awards Party 7:00 pm – 10:00 pm	
22 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	23 Junior B & Senior 7:30PM-9:30PM	24 <b>No Practice</b>	25 Junior A & Senior 6:30PM-8:30PM	26 Junior A & Senior 6:30PM-8:30PM	27 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	28 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM Phoenix Winter Invite Meet	
29 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM Phoenix Winter Invite Meet	30 Junior B & Senior 7:30PM-9:30PM	31 <b>No Practice</b>	<b>Notes:</b>				

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Updated 12-14-16

January 2017		February 2017						March 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
			1 Junior A & Senior 6:30PM-8:30PM	2 Junior A & Senior 6:30PM-8:30PM	3 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	4 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM		
5 Practice Time Adjustment For PSAL Boys Meet Freshman 6:00 PM-7:30 PM Junior "B" & Junior "A" 6:00 PM-7:30 PM	6 Junior B & Senior 7:30PM-9:30PM	7 No Practice	8 Junior A & Senior 6:30PM-8:30PM	9 Junior A & Senior 6:30PM-8:30PM	10 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM **See Notes**	11 Practice Time Adjustment For PSAL Boys Meet Freshman 6:00 PM-7:30 PM Junior "B" & Junior "A" 6:00 PM-7:30 PM LIE Second Chance Meet		
12 Practice Time Adjustment For PSAL Boys Meet Freshman 6:00 PM-7:30 PM Junior "B" & Junior "A" 6:00 PM-7:30 PM LIE Second Chance Meet	13 Junior B & Senior 7:30PM-9:30PM	14 No Practice	15 Junior A & Senior 6:30PM-8:30PM	16 Junior A & Senior 6:30PM-8:30PM	17 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM **Senior Mets**	18 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM **Senior Mets**		
19 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM **Senior Mets**	20 No Practice President's Day Pool closes at 4:30 pm **Senior Mets**	21 No Practice	22 Junior A & Senior 6:30PM-8:30PM	23 Junior A & Senior 6:30PM-8:30PM	24 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM SILVERS Central Apex Meet	25 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM SILVERS Central Apex Meet		
26 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM SILVERS Central Apex Meet	27 Junior B & Senior 7:30PM-9:30PM	28 No Practice	Notes: **Feb 10-12: Metro Zone Qualifier meet					

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Updated 12-14-16

◀ February 2017		March 2017					▶ April 2017
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Junior A & Senior 6:30PM-8:30PM	2 Junior A & Senior 6:30PM-8:30PM	3 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	4 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM	
5 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	6 Junior B & Senior 7:30PM-9:30PM	7 No Practice	8 Junior A & Senior 6:30PM-8:30PM	9 Junior A & Senior 6:30PM-8:30PM	10 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM Junior Olympics and 15-18 AGTC Meets	11 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM Junior Olympics and 15-18 AGTC Meets	
12 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM Junior Olympics and 15-18 AGTC Meets	13 Junior B & Senior 7:30PM-9:30PM	14 No Practice	15 Junior A & Senior 6:30PM-8:30PM	16 Junior A & Senior 6:30PM-8:30PM	17 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	18 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM	
19 Practice Time Adjustment For Citywide Aquatics Meet Freshman 6:00 PM-7:30 PM Junior "B" & Junior "A" 6:00 PM-7:30 PM	20 Junior B & Senior 7:30PM-9:30PM	21 No Practice	22 Junior A & Senior 6:30PM-8:30PM	23 Junior A & Senior 6:30PM-8:30PM	24 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	25 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM	
26 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	27 Junior B & Senior 7:30PM-9:30PM	28 No Practice	29 Junior A & Senior 6:30PM-8:30PM	30 Junior A & Senior 6:30PM-8:30PM	31 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	Notes:	

~ DATES & TIMES ARE SUBJECT TO CHANGE ~

Updated 12-14-16

April 2017							May 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						<b>1</b> <b>Freshman &amp; Junior B</b> 3:00PM-4:45PM  <b>Junior A &amp; Senior</b> 4:45PM-6:30PM	
<b>2</b> Practice Time Adjustment For Citywide Aquatics Meet  <b>Freshman</b> 6:00 PM-7:30 PM  <b>Junior "B" &amp; Junior "A"</b> 6:00 PM-7:30 PM	<b>3</b>  <b>Junior B &amp; Senior</b> 7:30PM-9:30PM	<b>4</b>  No Practice	<b>5</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>6</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>7</b>  <b>Freshman &amp; Junior B</b> 6:30PM-7:30PM  <b>Junior A &amp; Senior</b> 7:30PM-9:30PM	<b>8</b>  <b>Freshman &amp; Junior B</b> 3:00PM-4:45PM  <b>Junior A &amp; Senior</b> 4:45PM-6:30PM	
<b>9</b>  <b>Freshman</b> 12:00PM-2:00PM  <b>Junior B &amp; Junior A</b> 2:00PM-4:00PM	<b>10</b>  <b>Junior B &amp; Senior</b> 7:30PM-9:30PM	<b>11</b>  No Practice	<b>12</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>13</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>14</b>  <b>Freshman &amp; Junior B</b> 6:30PM-7:30PM  <b>Junior A &amp; Senior</b> 7:30PM-9:30PM	<b>15</b>  <b>Freshman &amp; Junior B</b> 3:00PM-4:45PM  <b>Junior A &amp; Senior</b> 4:45PM-6:30PM	
<b>16</b>  No Practice  <b>Easter</b>  Pool closed	<b>17</b>  <b>Junior B &amp; Senior</b> 7:30PM-9:30PM	<b>18</b>  No Practice	<b>19</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>20</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>21</b>  <b>Freshman &amp; Junior B</b> 6:30PM-7:30PM  <b>Junior A &amp; Senior</b> 7:30PM-9:30PM	<b>22</b>  <b>Freshman &amp; Junior B</b> 3:00PM-4:45PM  <b>Junior A &amp; Senior</b> 4:45PM-6:30PM	
<b>23</b> Practice Time Adjustment For Citywide Aquatics Meet  <b>Freshman</b> 6:00 PM-7:30 PM  <b>Junior "B" &amp; Junior "A"</b> 6:00 PM-7:30 PM	<b>24</b>  <b>Junior B &amp; Senior</b> 7:30PM-9:30PM	<b>25</b>  No Practice	<b>26</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>27</b>  <b>Junior A &amp; Senior</b> 6:30PM-8:30PM	<b>28</b>  <b>Freshman &amp; Junior B</b> 6:30PM-7:30PM  <b>Junior A &amp; Senior</b> 7:30PM-9:30PM	<b>29</b>  <b>Freshman &amp; Junior B</b> 3:00PM-4:45PM  <b>Junior A &amp; Senior</b> 4:45PM-6:30PM	
<b>30</b>  <b>Freshman</b> 12:00PM-2:00PM  <b>Junior B &amp; Junior A</b> 2:00PM-4:00PM	<b>Notes:</b>						

~ DATES & TIMES ARE SUBJECT TO CHANGE ~

Updated 12-14-16

May 2017						
◀ April 2017						June 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Junior B & Senior 7:30PM-9:30PM	2 No Practice	3 Junior A & Senior 6:30PM-8:30PM	4 Junior A & Senior 6:30PM-8:30PM	5 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	6 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
7 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	8 Junior B & Senior 7:30PM-9:30PM	9 No Practice	10 Junior A & Senior 6:30PM-8:30PM	11 Junior A & Senior 6:30PM-8:30PM	12 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	13 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
14 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	15 Junior B & Senior 7:30PM-9:30PM	16 No Practice	17 Junior A & Senior 6:30PM-8:30PM	18 Junior A & Senior 6:30PM-8:30PM	19 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	20 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
21 Practice Time Adjustment For Citywide Aquatics Meet Freshman 6:00 PM-7:30 PM Junior "B" & Junior "A" 6:00 PM-7:30 PM	22 Junior B & Senior 7:30PM-9:30PM	23 No Practice	24 Junior A & Senior 6:30PM-8:30PM	25 Junior A & Senior 6:30PM-8:30PM	26 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	27 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
28 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	29 No Practice Memorial Day Pool closes at 4:30 pm	30 No Practice	31 Junior A & Senior 6:30PM-8:30PM	Notes:		

~ DATES & TIMES ARE SUBJECT TO CHANGE ~

Updated 12-14-16

June 2017						
◀ May 2017						July 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Junior A & Senior 6:30PM-8:30PM	2 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	3 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
4 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	5 Junior B & Senior 7:30PM-9:30PM	6 No Practice	7 Junior A & Senior 6:30PM-8:30PM	8 Junior A & Senior 6:30PM-8:30PM	9 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	10 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
11 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	12 Junior B & Senior 7:30PM-9:30PM	13 No Practice	14 Junior A & Senior 6:30PM-8:30PM	15 Junior A & Senior 6:30PM-8:30PM	16 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	17 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
18 Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	19 Junior B & Senior 7:30PM-9:30PM	20 No Practice	21 Junior A & Senior 6:30PM-8:30PM	22 Junior A & Senior 6:30PM-8:30PM	23 Freshman & Junior B 6:30PM-7:30PM Junior A & Senior 7:30PM-9:30PM	24 Freshman & Junior B 3:00PM-4:45PM Junior A & Senior 4:45PM-6:30PM
25 <u>Last Fall Season Practice</u> Freshman 12:00PM-2:00PM Junior B & Junior A 2:00PM-4:00PM	26 Make up practice Junior B & Senior 7:30PM-9:30PM	27 No Practice	28 Make up practice Junior A & Senior 6:30PM-8:30PM	29 Make up practice Junior A & Senior 6:30PM-8:30PM	30	Notes: