

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Notes:</b>		<b>1 Swim: 2:30-4:30</b>	<b>2 Early Release Swim: 1:30-3:30 Dryland:3:30-4:30</b>	<b>3 Swim: 2:30-4:30</b>	<b>4 Swim 2:30-4:30 Dryland: 4:30-5:30</b>	<b>5 Home Meet: Seton/Elder WarmUps:12:00 Meet Starts:1:00</b>
<b>6</b>	<b>7 Home Meet Lakota West TBA</b>	<b>8 Swim: 2:30-4:30</b>	<b>9 Home Meet Walnut Hills WarmUps 3:30-5:00 Meets Starts:6:00</b>	<b>10 Swim: 2:30-4:30</b>	<b>11 Swim 2:30-4:30 Dryland: 4:30-5:30</b>	<b>12 Away Meet Mason/Anderson/Turpin WarmUps:TBA Meet Starts:2:00pm</b>
<b>13</b>	<b>14 Swim 2:30-4:30 Dryland: 4:30-5:30</b>	<b>15 Swim: 2:30-4:30</b>	<b>16 Swim 2:30-4:30 Dryland: 4:30-5:30</b>	<b>17 Swim: 2:30-4:30</b>	<b>18 Swim 2:30-4:30 Dryland: 4:30-5:30</b>	<b>19 Home Meet Moeller/MND WarmUps12:00 Meet Starts:1:00</b>
<b>20</b>	<b>21 Swim:7-9 Dryland 9-10am 2<sup>nd</sup> Swim: 3:30-5:30pm</b>	<b>22 Swim:7-9 2<sup>nd</sup> Swim: 3:30-5:30pm</b>	<b>23 Swim:7-9 Dryland 9-10am 2<sup>nd</sup> Swim: 3:30-5:30pm</b>	<b>24 Christmas Eve  Swim: 8-10am</b>	<b>25 Christmas Day  No Practice</b>	<b>26 Swim:7-9 Dryland 9-10am 2<sup>nd</sup> Swim: 3:30-5:30pm</b>
<b>27</b>	<b>28 Swim:7-9 Dryland 9-10am 2<sup>nd</sup> Swim: 3:30-5:30pm</b>	<b>29 Swim:7-9 2<sup>nd</sup> Swim: 3:30-5:30pm</b>	<b>30 Swim:7-9 Dryland 9-10am 2<sup>nd</sup> Swim: 3:30-5:30pm</b>	<b>31 Swim: 8-10am</b>	<b>Notes: Winter Break December 19- January 3rd</b>	