

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1 No Practice	2 Swim:7-9 Dryland 9-10am 2nd Swim: 3:30-5:30pm
3	4 Swim 2:30-4:30 Dryland: 4:30-5:30	5 Away Meet Lakota West TBA	6 Swim: 2:30-4:30	7 Home Meet Oak Hills WarmUps:3:00 Meet Starts:6:00	8 Swim 2:30-4:30 Dryland: 4:30-5:30	9 Swim: 7-9 Dryland:9-10
10	11 Swim 2:30-4:30 Dryland: 4:30-5:30	12 Swim: 2:30-4:30	13 Early Release Swim: 1:30-3:30 Dryland:3:30-4:30	14 Swim: 2:30-4:30	15 Swim 2:30-4:30 Dryland: 4:30-5:30	16 District Classics: TBA
17 District Classics: TBA	18 No School Swim:8-10am	19 Swim: 2:30-4:30	20 Swim 2:30-4:30 Dryland: 4:30-5:30	21 Swim: 2:30-4:30	22 Swim 2:30-4:30 Dryland: 4:30-5:30	23 Swim: 7-9 Dryland:9-10
24	25 Swim 2:30-4:30 Dryland: 4:30-5:30	26 Swim: 2:30-4:30	27 Early Release Swim: 1:30-3:30 Dryland:3:30-4:30	28 Swim: 2:30-4:30	29 Swim 2:30-4:30 Dryland: 4:30-5:30	30 Home Colerain/Mercy WarmUps: 12:00 Meet: 1:00
31	Notes: No School January 18th					