

# JUNE

May 30	May 31	June 1	2	3	4	5	
	<b>Memorial Day</b> <b>Morning Practice</b> 7:30 – 8:15 a.m. (8&u) 8 – 9 a.m. (9 - 12) 8:30 – 9:30 a.m. (13&u)	<b>Evening Practice June 1 – June 4</b> 5 p.m. – 5:45 p.m. (13 & up), 5:45 p.m. – 6:30 p.m. (9 - 12), 6:30 p.m. – 7 p.m. (8 & under, mini mites)					<b>GRAL Registration/ Coaches' Meeting</b>
6	7	8	9	10	11	12	
	<b>Evening Practice June 7 – June 16</b> 5 p.m. – 5:45 p.m. (13 & up), 5:45 p.m. – 6:15 p.m. (11 - 12), 6:15 p.m. – 6:45 p.m. (9-10), 6:45 p.m. – 7:15 p.m. (8 & under, mini mites)					<b>Clinic 1 –</b> 8:30 to 10 a.m. Starts and Turns	
13	14	15	16	17	18	19	
<b>Scrimmage – Away vs. Old Church (5:30 p.m.)</b>	<b>Chick-fil-A Spirit Night</b>  Evening Practice	<b>Swim Meet 1 - Home vs. Milestone</b>	Evening Practice/ Ribbons 7 – 8 p.m. (all age groups)	<b>Last Day of School</b>  Evening Practice		<b>Clinic 2 –</b> 8:30 to 10 a.m. Butterfly Stroke	
20	21	22	23	24	25	26	
	<b>Morning Practice June 21 – July 20 (No Morning Practice on Thursdays – All swimmers go to Evening)</b> M, T, W, F: 7:30 – 8:15 a.m. (8 & under, mini mites), 8:00 – 9:00 a.m. (9 - 12), 8:45 – 9:45 a.m. (13 & up)					<b>Clinic 3 –</b> 8:30 to 10 a.m. Breaststroke	
	<b>Evening Practice June 21 – July 20</b> M, T 6:30 – 7:15 p.m. (10 & under) 7:15 – 8 p.m. (11& up)	<b>Swim Meet – Away at AshCreek</b>	Evening Practice/ Ribbons 7 - 8	<b>FUN EVENT</b> for ages 13 & up			
27	28	29	30	July 1	July 2	July 3	
<b>Scavenger Hunt Details TBA</b>	Morning Practice						
	Evening Practice		<b>Swim Meet 3 – Home vs. Kings Charter</b>	Evening Practice/ Ribbons 7 - 8			

# JULY

4	5	6	7	8	9	10
<i>Independence Day</i>	<b>Morning Practice June 21 – July 20</b> (No Morning Practice on Thursdays – All swimmers go to Evening) M, T, W, F: 7:30 – 8:15 a.m. (8 & under, mini mites), 8:00 – 9:00 a.m. (9 - 12), 8:45 – 9:45 a.m. (13 & up)					<b>Clinic 4–</b> 8:30 to 10 a.m. For those 12 & over who want specific help
	<b>Evening Practice June 21 – July 20</b> M, T 6:30 – 7:15 p.m. (10 & under) 7:15 – 8 p.m. (11& up)	<b>Swim Meet 4 - Away at Mechanicsville</b>	Evening Practice/ Ribbons 7 - 8	<b>FUN EVENT</b> for ages 9 - 12		
11	12	13	14	15	16	17
<b>Picture Day</b> Individual – 5 p.m. Team – 6:15 p.m. <i>8 &amp; Under Fun Event &amp; Sno-Cone Social afterwards</i>	Morning Practice					
	Evening Practice	<b>Chick-fil-A Spirit Night</b>	<b>Swim Meet 5 – Home vs. Ashland</b>	<b>Midnight Madness – Late Night Practice and Ribbons</b>		
18	19	20	21	22	23	24
	Morning Practice	Practice will continue for those who made CHAMPS - TBA				<b>CHAMPS Registration</b>
	Evening Practice	<b>Swim Meet 6 – Away at Milestone</b>	Ribbons Distribution – 6:30 All age groups CHAMPS Mtg – 7 p.m.			
25	26	27	28	29	30	31
	Practice will continue for those who made CHAMPS - TBA					<b>CHAMPS at the Freedom Center</b>
Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
<b>CHAMPS at the Freedom Center</b>		<b>Cobblestones Park Meet at 9:15 a.m.</b>			<b>End of Season Party</b> 7 p.m. Awards 8 p.m. Pool Party	