

May 2018

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 Meet and Greet 5:30pm-7:00pm Poolside Team Suits, Swim Caps and High Tide swag for sale, cash or check only. Pizza will be served.	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Coaches Meeting	15 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under Dry Land Practice Sneakers and Towel	16 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under Dry Land Practice Sneakers and Towel	17 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under Dry Land Practice Sneakers and Towel	18	19
20	21 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under Start of in pool practice	22 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	23 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	24 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	25	26
27	28 Memorial Day	29 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	30 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	Notes:		

June 2018

June 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				31 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	1	2
3	4 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	5 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	6 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	7 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	8	9 Swim Meet at Hallsley vs Chester 8:30am Warm-ups at 7:35am
10	11 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	12 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	13 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	14 5:00pm-6:00pm 9yrs and up 6:00pm-6:45pm 7and 8yrs 6:45pm-7:15pm 6yrs and under	15 Last Day of School	16
17	18 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under ***times change for ages**** 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	19 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under Swim Meet at Woodland Pond 9131 Waterfowl Flyway Chesterfield, VA 23838 Warm-up time 5:30pm	20 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	21 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	22	23
24	25 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	26 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yr 10:15am-10:45am 6yrs and under Swim Meet at Summerlake Lake Summer Drive Warm-up time 5:30pm	27 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	28 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	29	Notes: Notice evening practice time changes on 6/18

July 2018

July 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
1	2 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	3 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under Swim Meet at Hallsley vs Salisbury Warm-up time 5:15pm	4 Independence Day No Practice	5 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and unde	6	7
8	9 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	10 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under Swim Meet at Hallsley vs Queensmill Warm-up time 5:15pm	11 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	12 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and unde	13	14
15	16 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	17 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under Swim Meet at Watermill 2100 Rose Family Drive Warm-up time 5:30pm	18 FUN Practice 8:30am-9:30am 9yrs and up 9:30am-10:15am 7 and 8yrs 10:15am-10:45am 6yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:30pm 7 and 8yrs 6:30pm-7:00pm 6yrs and under	19 8:30am-9:30am 9yrs and up 9:30am-10:30am 8yrs and under End of Season Party	20	21
22	23 8:30am-9:30am 9yrs and up 9:30am-10:30am 8yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:45pm 8yrs and under	24 8:30am-9:30am 9yrs and up 9:30am-10:30am 8yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:45pm 8yrs and under	25 8:30am-9:30am 9yrs and up 9:30am-10:30am 8yrs and under 4:45pm-5:45pm 9yrs and up 5:45pm-6:45pm 8yrs and under	26 CHAMPS at SwimRVA Times TBD	27 CHAMPS at Swim RVA Times TBD	28
29	30	Notes: Practice for Champs July 19th-July 25th Champs Schedule July 18th is a FUN practice for All swimmers				