

May 2017

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------|---|---|---|---|---|--|
| 4/30 | 5/1 | 5/2 | 5/3 | 5/4 | 5/5 | 5/6 |
| | | Registration @ Parker 6:00 - 7:30 pm | | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | Stroke Clinic Lap Swimmers Only FR/BK - 9-10:30am |
| 5/7 | 5/8 | 5/9 | 5/10 | 5/11 | 5/12 | 5/13 |
| | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | Stroke Clinic Lap Swimmers Only BR/FL - 9-10:30am |
| 5/14 | 5/15 | 5/16 | 5/17 | 5/18 | 5/19 | 5/20 |
| | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | Stroke Clinic Lap Swimmers Only Start/Turn - 9-10:30am |
| 5/21 | 5/22 | 5/23 | 5/24 | 5/25 | 5/26 | 5/27 |
| | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | |
| 5/28 | 5/29 | 5/30 | 5/31 | 6/1 | 6/2 | 6/3 |
| | Memorial Day Practice 9-10:30 for lap swimmers | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | 11&up: 5:00-6:30 pm 6&u: 6:30-7:00 pm 7-10y/o: 7:00-8:00 pm | Team Pizza & Swim Party @ Parker 6:00-7:30 | Meet @ Fernandina Warm up: 8 am Meet Starts 9 am |

All Practices on Page 1 (May 4 - June 2) are at Terry Parker Pool (7301 Parker School Road - back behind the football stadium)

All Practices on Page 2-3 (June 5 - July 27) are at Fort Caroline Pool (4131 Ferber Road)

Meet locations are as listed

June 2017

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|------|---|---|---|---|---|---|
| 6/4 | 6/5 | 6/6 | 6/7 | 6/8 | 6/9 | 6/10 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | Away meet @ San Jose W/U: 3:30 pm Meet Starts: 4 pm | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | |
| 6/11 | 6/12 | 6/13 | 6/14 | 6/15 | 6/16 | 6/17 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:30 pm - 6&u 6:30-7:30 pm - 7-10 y/o 7:30-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u Stroke Practice - breast Lap Swimmers Only 6:00 - 7:30 | Home meet vs Wahoos & Ponte Vedra W/U: 7 am Meet Starts: 8 am @ Englewood |
| 6/18 | 6/19 | 6/20 | 6/21 | 6/22 | 6/23 | 6/24 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u Stroke Practice Lap Swimmers Only 6:00 - 7:30 | Home meet vs Oceanway W/U: 7 am Meet Starts: 8 am @ Englewood |
| 6/25 | 6/26 | 6/27 | 6/28 | 6/29 | 6/30 | 7/1 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u Team Pictures 5:30 - 7:00 Family Free swim: 7-8pm | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u Stroke Practice Lap Swimmers Only 6:00 - 7:30 | Home meet vs BAC W/U: 7 am Meet Starts: 8 am @Englewood |

July 2017

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------------------|---|---|---|---|---|--|
| 7/2 | 7/3 | 7/4 | 7/5 | 7/6 | 7/7 | 7/8 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | Happy July 4th Lap Swimmers Only 9:00-10:30 am NO EVENING PRACTICE | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u Stroke Practice Lap Swimmers Only 6:00 - 7:30 | Home meet vs BMST W/U: 7 am Meet Starts: 8 am @Englewood |
| 7/9 | 7/10 | 7/11 | 7/12 | 7/13 | 7/14 | 7/15 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | |
| 7/16 | 7/17 | 7/18 | 7/19 | 7/20 | 7/21 | 7/22 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | Day trip to Ichetucknee Springs Meet at Ft C @ 7 am | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | End of the Season Pool Party & Awards Lesson Swimmers ONLY 9:00 - 10:30 am |
| 7/23 | 7/24 | 7/25 | 7/26 | 7/27 | 7/28 | 7/29 |
| | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u 6-6:45 pm - 6&u 6:45-7:45 pm - 7-10 y/o 7:45-8:45 pm - 11&up | 7:30-9 am - 11&up 9-10 am - 10 & u Spaghetti Dinner & Silent Auction 5:30-8:30 pm | 7:30-9 am - 11&up 9-10 am - 10 & u 6&under champs 6:00-7:30 pm - 7 & up only for Stroke work | Champs 10&U IM 11 & up IM & fly | Champs am: 11 & up br, 50 free, bk pm: 7-10 yr olds bk, br, fl, short free |
| 7/30 | | | | | | |
| Champs 7 & older | | | | | | |