

DECEMBER 2019

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|-----------|-----------------|-----------|---------------------|-----------|---------------------|--------------|----------------------|--------------|---------------------|--------------|---------------------|-----------|-----------------------|
| 1 | DeNunzio | 2 | DeNunzio | 3 | DeNunzio | 4 | DeNunzio | 5 | Rider | 6 | Rider | 7 | Dillon |
| Grp 1 | | Grp 1 | 6:15-7:45 | Grp 1 | off | Grp 1 | 6:15-7:45 | Grp 1 | 6:45-8:00 at rkider | Grp 1 | | Grp 1 | MB meet |
| Grp 2 | | Grp 2 | off | Grp 2 | 6:15-8:45 | Grp 2 | 6:15-8:15 | Grp 2 | make up on Sunday | Grp 2 | | Grp 2 | MB meet |
| Grp 3 | 7:45-10:30 | Grp 3 | 6:15-8:45 | Grp 3 | off | Grp 3 | 6:15-8:45 | Grp 3 | 6:45-9:00PM at Ride | Grp 3 | | Grp 3 | 9:45-12:15 |
| Senior | 7:45-10:30 | Senior | 7:15-9:30 | Senior | 6:15-8:45 | Grp 4 | 7:45-9:45 | Senior | 4:45-7:00 at Rider | Senior | 7:15-9:00PM | Senior | 8:00-10:15 |
| Elite | 7:45-10:30 | Elite | 6:15-9:30 | Elite | 6:15-8:45 | Grp 5 | 7:15-9:45 | Elite | 4:45-7:00 at Rider | Elite | 7:15-9:00PM | Elite | 8:00-10:15 |
| | | | | Elite | | S&T | Make up on Thur at R | S&T | 7:45-9:00 | | | S&T | off |
| | | | | | | | | | | | | Elite | Elite |
| 8 | Rider | 9 | DeNunzio | 10 | DeNunzio | 11 | DeNunzio | 12 | DeNunzio | 13 | DeNunzio | 14 | DeNunzio |
| Grp 1 | | Grp 1 | 6:15-7:45 | Grp 1 | off | Grp 1 | 6:15-7:45 | Grp 1 | 6:15-7:45 | Grp 1 | off | Grp 1 | 11:30-1:00 |
| Grp 2 | 6:30-9:00PM | Grp 2 | off | Grp 2 | 6:15-8:45 | Grp 2 | 6:15-8:15 | Grp 2 | 6:15-8:15 | Grp 2 | off | Grp 2 | 12:00-2:00 |
| Grp 3 | 6:30-9:00PM | Grp 3 | 6:15-8:45 | Grp 3 | off | Grp 3 | 6:15-8:15 | Grp 3 | 7:45-9:15 | Grp 3 | 6:15-8:45 | Grp 3 | 11:30-2:00 |
| Senior | | Senior | 7:15-9:30 | Senior | 6:15-8:45 | Senior | 7:45-9:45 HC swimme | Senior | 7:15-9:15 | Senior | 6:15-8:45 | Senior | 11:30-2:00 |
| Elite | | Elite | 6:15-9:30 | Elite | 6:15-8:45 | Elite | 7:45-9:45 HC swimme | Elite | 6:15-8:45 | Elite | 6:15-8:45 | Elite | 11:30-2:00 |
| | | | | | | S&T | 7:35-8:45 | | | | Holiday Classic | S&T | 12:45-2:00 |
| | | | | | | | | | | | | Elite | Holiday Classic |
| 15 | DeNunzio | 16 | JW/Five Star | 17 | JW | 18 | JW | 19 | JW | 20 | JW/Five Star | 21 | Dillon/DeNunzi |
| Grp 1 | off | Grp 1 | 7:45-9:30 Five Star | Grp 1 | | Grp 1 | 7:45-9:30 Five Star | Grp 1 | 7:45-9:30 Five Star | Grp 1 | off | Grp 1 | 3:00-4:30 DeNunzio |
| Grp 2 | | Grp 2 | | Grp 2 | 7:45-9:30 Five Star | Grp 2 | off | Grp 2 | 7:45-9:30 Five Star | Grp 2 | off | Grp 2 | 3:00-5:30 DeNunzio |
| Grp 3 | | Grp 3 | 8:15-10:00JW | Grp 3 | off | Grp 3 | 8:15-10:00JW | Grp 3 | off | Grp 3 | 7:45-9:30 Five Star | Grp 3 | 3:00-5:30 DeNunzio |
| Senior | | Senior | | Senior | 5:00-6:30AM JW | Senior | 5:00-6:30AM JW | Senior | 5:00-6:30AM JW | Senior | 7:45-9:45 JW | Senior | 12:00-2:00 Dillon |
| Elite | | Elite | | Elite | 5:00-6:30AM JW | Elite | 5:00-6:30AM JW | Elite | 5:00-6:30AM JW | Elite | 7:45-9:45 JW | Elite | 12:00-2:00 Dillon |
| | Holiday Class | | | S&T | | S&T | | | | | | S&T | 4:15-5:30 DeNunzio |
| | | | | | | | | | | | | Elite | Elite |
| 22 | DeNunzio | 23 | DeNunzio | 24 | DeNunzio | 25 | DeNunzio | 26 | DeNunzio | 27 | DeNunzio | 28 | JW |
| Grp 1 | | Grp 1 | 7:00-8:30 | Grp 1 | 11:00-12:30 | Grp 1 | | Grp 1 | 10:30-12:30 | Grp 1 | 10:30-12:00 | Grp 1 | |
| Grp 2 | | Grp 2 | off | Grp 2 | 11:00-1:30 | Grp 2 | | Grp 2 | 10:30-1:00 | Grp 2 | 10:30-1:00 | Grp 2 | 3:30-5:45 |
| Grp 3 | 6:45-9:30 AM | Grp 3 | 6:00-8:30 | Grp 3 | 11:00-1:30 | Grp 3 | | Grp 3 | 10:30-1:00 | Grp 3 | 10:30-1:00 | Grp 3 | 3:30-5:45 |
| Senior | 6:45-9:30 AM | Senior | 4:00-6:30 | Senior | 6:45-9:00AM | Senior | | Senior | 10:30-1:00 | Senior | 6:45-9:00AM | Senior | 1:30-3:45 |
| Elite | 6:45-9:30 AM | Elite | 4:00-7:30 | Elite | 6:45-9:00AM | Elite | | Elite | 10:30-1:00 | Elite | 6:45-9:00AM | Elite | 1:30-3:45 |
| | | | | S&T | 12:15-1:30 | S&T | Christmas | | | Seniro/Elite | 11:45-1:00 | S&T | S&T |
| | | | | | | | | | | | 2:15-4:30 | Elite | Elite |
| 29 | DeNunzio | 30 | DeNunzio | 31 | DeNunzio/JW | 1 | DeNunzio | 2 | DeNunzio | 3 | DeNunzio | 4 | DeNunzio |
| Grp 1 | off | Grp 1 | 6:30-8:00 | Grp 1 | 9:45-11:30 JW | Grp 1 | | Grp 1 | | Grp 1 | | Grp 1 | |
| Grp 2 | | Grp 2 | 4:30-7:00 | Grp 2 | 10:30-1:00 | Grp 2 | | Grp 2 | | Grp 2 | | Grp 2 | |
| Grp 3 | 10:30-1:00 | Grp 3 | 6:30-9:00 | Grp 3 | 9:45-12:00 JW | Grp 3 | | Grp 3 | | Grp 3 | | Grp 3 | |
| Senior | 8:30-11:00 | Senior | 4:30-7:00 | Senior | 10:30-1:00 | Senior | | Senior | | Senior | | Senior | |
| Elite | 8:30-12:00 | Elite | 4:30-7:00 | Elite | 10:30-1:00 | Elite | | Elite | | Elite | | Elite | |
| S&T | | Elite | 6:30-8:30 AM | S&T | | S&T | Happy New Year | | | | | S&T | |
| 30 | | S&T | 7:45-9:00 | or/Elite | | Senior/Elite | | Senior/Elite | | Senior/Elite | | Elite | |