

# DECEMBER 2018

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>30</b>	<b>DeNunzio</b>	<b>31</b>	<b>DeNunzio</b>	<b>DeNunzio</b>		<b>DeNunzio</b>		<b>DeNunzio</b>		<b>Dillon</b>		<b>1</b>	<b>Dillon</b>
Grp 1		Grp 1	11:00-12:30	Grp 1		Grp 1		Grp 1		Grp 1		Grp 1	8:00-9:15
Grp 2	9:30-11:30	Grp 2	11:00-1:30	Grp 2		Grp 2		Grp 2		Grp 2		Grp 2	9:45-12:15
Grp 3	9:30-11:30	Grp 3	11:00-1:30	Grp 3		Grp 3		Grp 3		Grp 3		Grp 3	9:45-12:15
Senior	8:45-11:30	Senior	11:00-1:30	Senior		Senior		Senior		Senior		Senior	8:00-10:15
Elite	8:45-11:30	Elite	11:00-2:00	Elite		Elite		Elite		Elite		Elite	8:00-10:15
										S&T		S&T	9:00-10:15
												Elite	3:45-6:00
<b>2</b>	<b>DeNunzio</b>	<b>3</b>	<b>DeNunzio</b>	<b>4</b>	<b>DeNunzio</b>	<b>5</b>	<b>DeNunzio</b>	<b>6</b>	<b>DeNunzio</b>	<b>7</b>	<b>DeNunzio</b>	<b>8</b>	<b>Dillon</b>
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	MB meet
Grp 2		Grp 2	off	Grp 2	6:15-8:45	Grp 2	6:15-8:45	Grp 2	6:15-8:45	Grp 2	off	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	off	Grp 3	6:30-8:45	Grp 3	9:45-12:15
Senior	7:45-10:30	Senior	7:15-9:30	Senior	6:15-8:45	Senior	off	Senior	7:15-9:30	Senior	6:30-8:45	Senior	8:00-10:15
Elite	7:45-10:30	Elite	6:15-9:30	Elite	6:15-8:45	Elite	off	Elite	6:15-9:30	Elite	6:30-8:45	Elite	8:00-10:15
												S&T	8:00-10:15
												Elite	3:45-6:00
						S&T	7:35-8:45						
<b>9</b>	<b>DeNunzio</b>	<b>10</b>	<b>DeNunzio</b>	<b>11</b>	<b>DeNunzio</b>	<b>12</b>	<b>DeNunzio</b>	<b>13</b>	<b>DeNunzio</b>	<b>14</b>	<b>DeNunzio</b>	<b>15</b>	<b>DeNunzio</b>
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	6:15-8:15	Grp 1	7:45-9:00AM
Grp 2		Grp 2	off	Grp 2	6:15-8:45	Grp 2	6:15-8:15	Grp 2	Make up on Friday	Grp 2	6:15-8:15	Grp 2	7:45-10:00
Grp 3	7:45-10:30	Grp 3	6:15-8:45	Grp 3	off	Grp 3	7:15-8:15	Grp 3	7:15-8:45 HC swimme	Grp 3	6:15-8:15	Grp 3	7:45-10:00
Senior	7:45-10:30	Senior	7:15-9:30	Senior	6:15-8:45	Senior	7:45-9:45 HC swimme	Senior	6:15-8:15	Senior	6:15-8:15	Senior	7:45-10:00
Elite	7:45-10:30	Elite	6:15-9:00	Elite	6:15-8:45	Elite	7:45-9:45 HC swimme	Elite	6:15-8:15	Elite	6:15-8:15	Elite	7:45-10:00
												S&T	8:50-10:00
											Holiday Classic	Elite	Holiday Classic
						S&T	7:35-8:45						
<b>16</b>	<b>DeNunzio</b>	<b>17</b>	<b>DeNunzio</b>	<b>18</b>	<b>DeNunzio</b>	<b>19</b>	<b>DeNunzio</b>	<b>20</b>	<b>DeNunzio</b>	<b>21</b>	<b>DeNunzio</b>	<b>22</b>	<b>DeNunzio</b>
Grp 1		Grp 1	6:45-8:15	Grp 1	off	Grp 1	6:00-7:30	Grp 1	6:00-7:30	Grp 1	off	Grp 1	9:30-11:00
Grp 2		Grp 2	off	Grp 2	6:00-8:30	Grp 2	4:15-7:00	Grp 2	6:00-8:30	Grp 2	off	Grp 2	9:30-12:00
Grp 3		Grp 3	4:45-7:15	Grp 3	off	Grp 3	4:15-7:00	Grp 3	off	Grp 3	6:00-8:30	Grp 3	9:30-12:00
Senior		Senior	4:45-7:15	Senior	4:15-7:00	Senior	off	Senior	4:15-7:00	Senior	4:15-7:00	Senior	9:30-12:00
Elite		Elite	4:45-8:00	Elite	4:15-7:00	Elite	off	Elite	4:15-7:00	Elite	4:15-7:00	Elite	9:30-1:00
												S&T	10:50-12:00
												Elite	
						S&T	7:20-8:30						
<b>23</b>	<b>DeNunzio</b>	<b>24</b>	<b>DeNunzio</b>	<b>25</b>	<b>DeNunzio</b>	<b>26</b>	<b>DeNunzio</b>	<b>27</b>	<b>DeNunzio</b>	<b>28</b>	<b>DeNunzio</b>	<b>29</b>	<b>DeNunzio</b>
Grp 1	off	Grp 1	7:45-9:00 AM	Grp 1		Grp 1	2:00-3:30	Grp 1	6:15-7:45	Grp 1	off	Grp 1	11:00-1:23:00
Grp 2	6:45-9:30	Grp 2	6:45-9:30AM	Grp 2		Grp 2	2:00-4:30	Grp 2	6:15-8:45	Grp 2	off	Grp 2	11:00-1:00
Grp 3	6:45-9:30	Grp 3	6:45-9:30AM	Grp 3		Grp 3	2:00-4:30	Grp 3	off	Grp 3	5:45-8:15	Grp 3	11:00-1:30
Senior	6:45-9:30	Senior	6:45-9:30AM	Senior		Senior	2:00-4:30	Senior	7:15-9:30	Senior	5:45-8:15	Senior	11:00-1:30
Elite	6:45-9:30	Elite	6:45-9:30AM	Elite		Elite	2:00-4:30	Elite	6:15-8:45	Elite	5:45-8:15	Elite	11:00-2:00
					Christmas/New Year							S&T	12:20-1:30
						S&T	3:20-4:30					Elite	
<b>30</b>		<b>31</b>		Senior/Elite		Senior/Elite		Senior/Elite	6:15-8:30 AM	Senior/Elite	8:45-11:00AM		