



# September 2009 (revised 8-20-09)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
New Swimmer FREE Trial Period - Sept 14 thru Sept 25						
6	7 LABOR DAY	8	9	10	11	12
NO SWIM PRACTICE THIS WEEK						
13 No practice at YMCA	14 Practice begins for all swimmers	15 Jr/Sr practice @ CVHS	16	17	18	19
20 No practice at YMCA	21	22 Jr/Sr practice @ CVHS	23	24	25	26
27 No practice at YMCA	28	29 No Practice at Dakota	30			

## (UNEXPECTED CANCELLATIONS MAY OCCUR)

<b><u>Freshman</u></b>	Monday	6:45 – 7:45	YMCA
	Wednesday	6:45 – 7:45	YMCA
	Thursday	6:45 – 7:45	YMCA
	Sunday	6:00 – 7:00	YMCA
<b><u>Sophomore</u></b>	Monday	6:00 – 7:15	Mt. Clemens H.S.
	Wednesday	6:00 – 7:15	Mt. Clemens H.S.
	Friday	6:00 – 7:30	Dakota
	Sunday	6:00 – 7:00	YMCA
<b><u>Junior</u></b>	Monday	7:15 – 8:45	Mt. Clemens H.S.
	Tuesday	6:00 – 7:30	Dakota
	Wednesday	7:15 – 8:45	Mt. Clemens H.S.
	Thursday	6:00 – 7:30	CVHS
	Friday	6:00 – 8:00	Dakota
	Sunday	7:00 – 9:00	YMCA
<b><u>Senior</u></b>	Monday	5:00 – 7:30	LCN
	Tuesday	6:00 – 8:00	Dakota
	Wednesday	5:00 – 7:30	LCN
	Thursday	6:00 – 8:00	CVHS
	Friday	5:00 – 7:30	LCN
	Sunday	7:00 – 9:00	YMCA