

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
December	12	13	14	15	16	17	18
	Masters 6-7am; Swim 4-6pm	Weights 6:15-7:15am; Swim 4-6pm	Swim 4-6pm	Weights 6:15-7:15am; Swim 4-6pm	Masters 6-7pm; Swim 4-5:30pm	Dual Meet in GJ	
	19	20	21	22	23	24	25
	Masters 6-7am; Swim 4-6pm	Weights 6:15-7:15am; Swim 4-6pm	Swim 4-6pm	Weights 6:15-7:15am; Swim 4-6pm	Masters 6-7pm; Swim 4-5:30pm		
	26	27	28	29	30	31	1
Masters 6-7am; Swim 4-6pm	Weights 7:30-8:30am; Swim 4-6pm	Masters 6-7am; Swim 4-6pm	Weights 7:30-8:30am; Off in PM	Off			
January	2	3	4	5	6	7	8
	Swim 6-8am; Swim 4-6pm	Weights 7:30-8:30am; Swim 4-6pm	Swim 6-8am; Swim 4-6pm	Weights 7:30-8:30am; Swim 4-6pm	Swim 6-8am; Swim 4-6pm		
	9	10	11	12	13	14	15
Masters 6-7am; Swim 4-6pm	Weights 6:15-7:15am; Swim 4-6pm	Swim 4-6pm	Weights 6:15-7:15am; Swim 4-6pm	Masters 6-7pm; Swim 4-5:30pm			