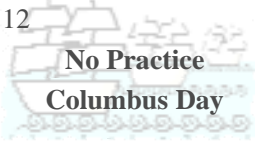


OCTOBER 2009

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
This calendar is subject to change at any time with no notice. Please check your E-Mails for changes. It may be necessary due to school scheduling.				1 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	2 No Practice WH Girls Woodland 6:00pm	3
4	5 Parents Meeting 6:00pm - Cafeteria 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	6 No Practice WH Girls Sacred Heart 6:00pm	7 Swim Suit Fitting 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	8 Swim Suit Fitting 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	9 Conditioning 5:00 – 6:00 - 10 & U 6:00 – 7:00 - 11 & O	10
11	12  No Practice Columbus Day	13 5:00 – 6:00 - 9 & 10 6:00 – 7:00 - 11 & 12 7:00 – 8:30 – 13 & O	14 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	15 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	16 No Practice WH Girls Torrington 6:00pm	17
18	19 Intra-squad – 6:00 5:30 Warm-up 11 & Over No Practice 10 & U	20 5:00 – 6:00 - 9 & 10 6:00 – 7:00 - 11 & 12 7:00 – 8:30 – 13 & O	21 Intra-squad – 6:00 5:30 Warm-up 10 & Under No Practice 11 & O	22 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	23 Conditioning 5:00 – 6:00 - 10 & U 6:00 – 7:00 - 11 & O Family Swim 7:15	24
25	26 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	27 No Practice WH Girls Seymour 6:00pm	28 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	29 5:00 – 5:45 - 8 & U 5:45 – 6:30 - 9 & 10 6:30 – 7:30 -11 & 12 7:30 – 8:30 – 13 & O	30 Conditioning 5:00 – 6:00 - 10 & U 6:00 – 7:00 - 11 & O Family Swim 7:15	31