









JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
2 6-7:15pm Everyone	3  No Practice NBSL Coach Meeting	4 6-7:15pm Everyone	5 6-7:15pm Everyone	6  No practice
9 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	10 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	11 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	12 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	13 Friday - ALL Swimmers - 8:30am Breakfast & Creating Personalized Towels (white towel provided for each swimmer) <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> Saturday, June 14 - 9:00am Time Trials (Run Through Practice Meet) ALL SWIMMERS & PARENTS </div>
16 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	17   10 years and under 8:15-9:30 am 11 years+ 9:30-11am 3:30pm Food & Posters First Swim Meet @Arden vs Ashbourne	18 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	19 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	20 10 years and under 8:15-9:30 am 11 years+ 9:30-11am
23 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	24   10 years and under 8:15-9:30 am 11 years+ 9:30-11am 4:30pm Swim Meet @Arden vs Timber Lane	25 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	26  10 years and under 8:15-9:30 am 11 years+ 9:30-11am 4:30pm Swim Meet Arden vs @Tatnall	27  ALL Swimmers - 8:30am Breakfast & Team Picture *swimmers should not get into the water until after the team picture is taken

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
<div> JUNE 30 10 years and under 8:15-9:30 am 11 years+ 9:30-11am </div>	1 🏊 🏠 10 years and under 8:15-9:30 am 11 years+ 9:30-11am 4:30pm Swim Meet @Arden vs Windy Bush Last Home Meet After Party 🎉	2 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	3 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	4 🇺🇸 🚫 No practice Happy 4th of July!!
7 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	8 🏊 10 years and under 8:15-9:30 am 11 years+ 9:30-11am 4:30pm Swim Meet Arden vs @High Point	9 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	10 🏊 10 years and under 8:15-9:30 am 11 years+ 9:30-11am 4:30pm Swim Meet Arden vs @River Road	11 10 years and under 8:15-9:30 am 11 years+ 9:30-11am
14 🏊 🏆 10 years and under 8:15-9:30 am 11 years+ 9:30-11am Mini Champs 6 years and under	15 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	16 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	17 10 years and under 8:15-9:30 am 11 years+ 9:30-11am	18 🏊 🏆 🚫 No practice CHAMPS WEEKEND Ages 7+
21	22 🍕 🎉 Swim Team Banquet Potluck with Swimming Afterwards More information to be shared	23 Swim Team Trip Location and Date TBD More information to be shared	24	25