

July 2025

June '25							August '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 L3am: 7:15-9:30am L4&L5: 7:00-9:30am Nov: 5:15-6:30pm L1: 5:15-6:45pm L2: 6:15-8:15pm L3pm: 6:00-8:30pm	1 L3am: 7:15-9:30am L4&L5: 7:00-9:30am L1: 5:15-6:30pm L2: 5:15-7:00pm L3pm: 5:15-7:00pm	2 L4&L5: 7:00-9:30am	3 L3am: 7:15-9:30am L4&L5: 7:00-9:45am Nov: 5:15-6:30pm L2: 5:15-7:00pm L3pm: 5:15-7:00pm	4 NO PRACTICE HAPPY 4th of JULY	5
6 Nov: 9:15-10:30am L1: 9:15-11:00am	7 L3am: 7:15-9:30am L4&L5: 7:00-9:30am Nov: 5:15-6:30pm L1: 5:15-6:45pm L2: 6:15-8:15pm L3pm: 6:00-8:30pm	8 L3am: 7:15-9:30am L4&L5: 7:00-9:30am L1: 5:15-6:30pm L2: 5:15-7:00pm L3pm: 5:15-7:00pm	9 L4&L5: 7:00-9:30am	10 L3am: 7:15-9:30am L4&L5: 7:00-9:45am Nov: 5:15-6:30pm L2: 5:15-7:00pm L3pm: 5:15-7:00pm	11 L4&L5: 7:00-9:30am 14&U: Regional Champs NO PM PRACTICE	12 14&U: Regional Champs
13 NO PRACTICE 14&U: Regional Champs	14 New Swimmer Evaluations 5:30-6:30pm Nov-L3: 6:30-8:00pm L4&L5: 8:00-9:30am	15 New Swimmer Evaluations 5:30-6:30pm Nov-L3: 6:30-8:00pm - Practice/Evals @ HRP L4&L5: 8:00-9:30am	16 Nov-L3: 5:30-7:00pm - Practice @ HRP L4&L5: 8:00-9:30am	17 SPEEDO SECTIONALS 14&U: Junior Champs Nov-L3: 5:30-7:00pm L4&L5: NO PRACTICE	18 SPEEDO SECTIONALS 14&U: Junior Champs Nov-L3: 5:30-7:00pm L4&L5: NO PRACTICE	19 SPEEDO SECTIONALS 14&U: Junior Champs
20 SPEEDO SECTIONALS 14&U: Junior Champs	21 New Swimmer Evaluations 5:30-6:30pm Nov-L3: 6:30-8:00pm L4&L5: 8:00-9:30am	22 New Swimmer Evaluations 5:30-6:30pm Summer Team Party!! 6:30-9:00pm L4&L5: 8:00-9:30am	23 Nov-L3: 5:30-7:00pm L4&L5: 8:00-9:30am	24 L4&5: Senior Champs (HS) Nov-L3: 5:30-7:00pm L4&L5: NO PRACTICE	25 L4&5: Senior Champs (HS) Nov-L3: 5:30-7:00pm L4&L5: NO PRACTICE	26 L4&5: Senior Champs (HS)
27 L4&5: Senior Champs (HS)	28 L4&L5: 8:00-9:30am* *Not currently scheduled, but may be added	29 L4&L5: 8:00-9:30am* *Not currently scheduled, but may be added	30 L4&L5: 8:00-9:30am* *Not currently scheduled, but may be added	31 L4&L5: 8:00-9:30am* *Not currently scheduled, but may be added	1	2
3	4	SWIM MEETS 7/11-7/13: Regional Championships @ Kenyon (REQUIRED: ALL 14&U Swimmers) 7/17-7/20: Junior Championships @ Miami (REQUIRED: ALL Qualifying 14&U Swimmers - Time Standards Required) 7/17-7/20: SPEEDO Sectionals @ OSU (REQUIRED: L4&L5 Qualifying Swimmers - Time Standards Required) 7/24-7/27: Senior Championships @ Miami (REQUIRED: All L4&L5 High School Swimmers, OPTIONAL: L3/4 15+yo Swimmers)				