

November 2019 Competition Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<u>1 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 3:30pm-5:30pm: Varsity(6) 5:30pm-7:30pm: Lightning(6)	<u>2 8:00am-11:00am</u> 8am-10am: Lightning (4) 9:30am-11am: Lessons (2) Pool Closed @ 11am Lightning VS Stingrays
<u>3 12:00pm-4:00pm</u> 12pm-1pm: Diving (2) 2pm-3:30pm: Lessons(2)	<u>4 5:30am-1:00pm</u> 5:30am-7:30am: Masters(3) 9am-10am: Waterfitness(3) <u>3:00pm- 8:00pm</u> 3:30pm-5:30pm: Varsity(6) 5:30pm-7:30pm: Lightning(6)	<u>5 5:30am-1:00pm</u> <u>3:00pm-8:30pm</u> 3:30pm-5:30pm: Varsity(6) 4pm-6:30pm: Lessons (1) 5:30pm-7:30pm: Lightning(6)	<u>6 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 3:30pm-5:30pm: Varsity (6) 5:30pm-7:30pm: Lightning(6)	<u>7 5:30am-1:00pm</u> <u>3:00pm-8:30pm</u> 3:30pm-5:30pm: Varsity(6) 4pm-6:30pm: Lessons (1) 5:30pm-7:30pm: Lightning(6)	<u>8 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> Pool Closed Girls Sectionals	<u>9 8:00am-6:00pm</u> 8am-10am: Lightning (4) 9:30am-12pm: Lessons (2) 12pm-1pm: Diving (2)
<u>10 12:00pm-4:00pm</u> 12pm-1pm: Diving (2) 2pm-3:30pm: Lessons(2)	<u>11 5:30am-1:00pm</u> 5:30am-7:30am: Masters(3) 9am-10am: Waterfitness(3) <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6)	<u>12 5:30am-1:00pm</u> 9:30a-11a: BOCES <u>3:00pm-8:30pm</u>	<u>13 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6)	<u>14 5:30am-1:00pm</u> <u>3:00pm-8:30pm</u> 4pm-6:30pm: Lessons (1) 5:30pm-7:30pm: Lightning(6)	<u>15 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 5pm-8pm: Lifeguarding (1) 5:30pm-7:30pm: Lightning(6)	<u>16 8:00am-6:00pm</u> 8am-10am: Lightning (4) 9:30am-12pm: Lessons (2) 12pm-1pm: Diving (2)
<u>17 12:00pm-4:00pm</u> 12pm-1pm: Diving (2) 2pm-3:30pm: Lessons(2)	<u>18 5:30am-1:00pm</u> 5:30am-7:30am: Masters(3) 9am-10am: Waterfitness(3) <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6)	<u>19 5:30am-1:00pm</u> 9:30a-11a: BOCES <u>3:00pm-8:30pm</u> 4pm-6:30pm: Lessons (1) 5:30pm-7:30pm: Lightning(6)	<u>20 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6)	<u>21 5:30am-1:00pm</u> <u>3:00pm-8:30pm</u> 4pm-6:30pm: Lessons (1) 5:30pm-7:30pm: Lightning(6)	<u>22 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) 10a-11:30a: BOCES <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6) 5pm-8pm: Lifeguarding (3)	<u>23 8:00am-6:00pm</u> 8am-10am: Lightning (4) 9:30am-12pm: Lessons (2) 12pm-1pm: Diving (2) 1pm-6pm: Lifeguarding (3)
<u>24 12:00pm-4:00pm</u> 12pm-1pm: Diving (2) 2pm-3:30pm: Lessons(2)	<u>25 5:30am-1:00pm</u> 5:30am-7:30am: Masters(3) 9am-10am: Waterfitness(3) <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6)	<u>26 5:30am-1:00pm</u> 9:30a-11a: BOCES <u>3:00pm-8:30pm</u> 4pm-6:30pm: Lessons (1) 5:30pm-7:30pm: Lightning(6)	<u>27 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 5:30pm-7:30pm: Lightning(6)	<u>28 5:30am-12:00pm</u> Happy Thanksgiving	<u>29 5:30am-1:00pm</u> 5:30am-7:30am: Masters (3) 9am-10am: Waterfitness (3) <u>3:00pm- 8:00pm</u> 5pm-8pm: Lifeguarding (1) 5:30pm-7:30pm: Lightning(6)	<u>30 8:00am-6:00pm</u> 8am-10am: Lightning (4) 9:30am-12pm: Lessons (2) 12pm-1pm: Diving (2)