

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice Ages 4-8 5:30-6:30 Ages 9-18 6:30-7:30	2 URB @ICYCC Check in 5:00PM Warm ups 5:30PM meet begins at 6:00PM	3	4	5	6
7	8 Practice Ages 4-8 5:30-6:30 Ages 9-18 6:30-7:30	9 ICYCC @RRA Check in 5:00PM Warm ups 5:30PM meet begins at 6:00PM	10	11 Practice Ages 4-8 5:30-6:30 Ages 9-18 6:30-7:30	12	13
14	15 Practice Ages 4-8 5:30-6:30 Ages 9-18 6:30-7:30	16 Practice Ages 4-8 5:30-6:30 Ages 9-18 6:30-7:30	17	18 Practice Ages 4-8 5:30-6:30 Ages 9-18 6:30-7:30	19	20 Champs at N YMCA Check in 8:00 AM Warm ups TBD Meet 9:00 AM
21	22	23	24	25	26	27
28	29	30	31			