



asc aronimink swim team - summer 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JUNE</h1>		May 26	May 27	May 28	May 29	May 30
		Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)
May 31	June 1	June 2	June 3	June 4	June 5	June 6
	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM) *Try-Outs @ 4:30	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM) *Try-Outs @ 4:30	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	
June 7	June 8	June 9	June 10	June 11	June 12	June 13
	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	Scrimmage @ Karakung 8:00 AM
June 14	June 15	June 16	June 17	June 18	June 19	June 20
	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	Varsity Meet vs. Martins Dam 6:00 PM (HOME) Normal AM Practices	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	
June 21	June 22	June 23	June 24	June 25	June 26	June 27
	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	JV Meet vs. Rose Tree Woods 9:00 AM (HOME) Normal Practice B	Varsity Meet vs. Stony Lane 6:00 PM (HOME) Normal AM Practices	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	

- *Try-Outs on June 1st and 2nd are for any NEW five to eight-year-old swimmers.
- Directions to all meets are located on the League Website (www.ssl-summer.com).



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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<h1>JULY</h1>													
June	28	June	29	June	30	July	1	July	2	July	3	July	4
		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)		JV Meet vs. ACST 9:00 AM (HOME) Normal Practice B		Varsity Meet vs. Swarthmore 6:00 PM (HOME) Normal AM Practices		Team Pictures 8:00 AM		NO PRACTICE			
July	5	July	6	July	7	July	8	July	9	July	10	July	11
		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)		JV Meet vs. Swarthmore 9:00 AM (HOME) Normal Practice B		Varsity Meet vs. Ply-Mar 6:00 PM (AWAY) Normal AM Practices		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)			
July	12	July	13	July	14	July	15	July	16	July	17	July	18
		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)		JV Meet vs. Wallingford 9:00 AM (AWAY) Normal Practice B		Varsity Meet vs. Pennypacker 6:00 PM (AWAY) Normal AM Practices		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)		Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)		"B" Champs @ Pennypacker 8:00 AM	
July	19	July	20	July	21	July	22	July	23	July	24	July	25
		Meter Free Champs @ Ply-Mar 4:00 PM Practice: 8:00 – 10:00 AM		Practice: 8:00 – 10:00 AM		I.M. Champs @ Swarthmore 4:00 PM Practice: 8:00 – 10:00 AM		Swim Team Party @5:00 PM Practice: 8:00 – 10:00 AM		Practice: 8:00 – 10:00 AM		"A" Champs @ Marple Newtown 8:00 AM	

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