



asc aronimink swim team - summer 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JUNE</h1>		June 1	June 2	June 3	June 4	June 5
		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)
June 6	June 7	June 8	June 9	June 10	June 11	June 12
	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 13	June 14	June 15	June 16	June 17	June 18	June 19
	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) Malvern Mini Meet	Practice A (4:30 – 5:30 PM) Practice B (5:30 – 7:00 PM)	
June 20	June 21	June 22	June 23	June 24	June 25	June 26
	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. Rose Tree Woods 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 27	June 28	June 29	June 30	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 6:00 PM (AWAY) Normal Practice B	Varsity Meet vs. Hidden Hollow 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)	

- *Try-Outs on June 7th and 8th 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>				July 1	July 2	July 3
				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 4	July 5	July 6	July 7	July 8	July 9	July 10
	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. Plymouth 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)	
July 11	July 12	July 13	July 14	July 15	July 16	July 17
	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	JV Meet vs. Swarthmore 9:30 AM (AWAY) Normal Practice B	Varsity Meet vs. Marple Newtown 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 18	July 19	July 20	July 21	July 22	July 23	July 24
	Practice B (8:00 – 9:30 AM) Practice A (9:30 – 10:30 AM)	JV Meet vs. Wallingford 9:00 AM (HOME) Normal Practice B	Varsity Meet vs. St. Albans 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 @ Swarthmore 8:00 AM
July 25	July 26	July 27	July 28	July 29	July 30	July 31
	Meter Free Champs @ Ply-Mar 4:00 PM Practice: 8:00 – 10:00 AM	Practice: 8:00 – 10:00 AM	I.M. Champs @ Wallingford 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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