

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Week of 7/16-22/18	<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>Summer League Divisionals at Mechanicsburg Outdoor Pool</b>	<b>Summer League All Stars at Camp Hill Boro pool hosted by Camp Hill Aquatic Club (Outdoors)</b>		
	8-10:15am	Sr/Pre-Sr	8-10:15am	Sr/Pre-Sr	8-10:15am	Sr/Pre-Sr	8-10:15am	SR/Pre-S	8-10:15am	Sr/Pre-Sr				
	<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>					
	8-9:45am	AGC	8-9:45am	AGC	8-9:45am	AGC	8-9:45am	AGC	8-9:45am	AGC				
	8-9:45am	AGB	8-9:45am	AGB	8-9:45am	AGB	8-9:45am	AGB	8-9:45am	AGB				
	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am	AGA				
	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>					
	3:30-5:30pm	SR	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC				
	3:30-5:30pm	Pre-Sr	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB				
	5:30-7pm	AGC	6:15-7:15pm	AGA	6:15-7:15pm	AGA	6:15-7:15pm	AGA	6:15-7:15pm	AGA				
5:30-7pm	AGB													
		16		17		18		19		20		21		22
Week of 7/24-30/18	<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>LC at Hampden</b>		<b>Summer League Mid Cap Championships at Spring Grove High School</b>	<b>No Practices today</b>		
	8-10:15am	Sr/Pre-Sr	8-10:15am	Sr/Pre-Sr	8-10:15am	Sr/Pre-Sr	8-10:15am	SR/Pre-S	8-10:15am	Sr/Pre-Sr				
	<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>		<b>Summer Team @ Hamp</b>					
	8-9:45am	AGC	8-9:45am	AGC	8-9:45am	AGC	8-9:45am	AGC	8-9:45am	AGC				
	8-9:45am	AGB	8-9:45am	AGB	8-9:45am	AGB	8-9:45am	AGB	8-9:45am	AGB				
	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am	AGA	9:15-10:15am	AGA				
	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>					
	3:30-5:30pm	SR	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC				
	3:30-5:30pm	Pre-Sr	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB				
	5:30-7pm	AGC	6:15-7:15pm	AGA	6:15-7:15pm	AGA	6:15-7:15pm	AGA	6:15-7:15pm	AGA				
5:30-7pm	AGB													
		23		24		25		26		27		28		29
Week of 7/30-8/5/18	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>No Practices today</b>	<b>No Practices today</b>		
	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR				
	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr				
	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC				
	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB				
		30		31		1		2		3		4		5
Week of 8/6-12/18	<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>at YMCA</b>		<b>Last Day Until 8/27/18</b>			
	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR	3:30-5:30pm	SR				
	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr	3:30-5:30pm	Pre-Sr				
	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC	5:30-7pm	AGC				
	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB	5:30-7pm	AGB				
		6		7		8		9		10		11		12