

Updated 6/27/2023	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Week of 7/25-31/22	<u>LC at Hampden</u>		<u>LC at Hampden</u>		<u>LC at Hampden</u>		<u>LC at Hampden</u>		<u>LC at Hampden</u>		No practice today		No practice today	
	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr				
	8:15-9:45am	AGB + C	8:15-9:45am	AGB + C	8:15-9:45am	AGB + C	8:15-9:45am	AGB + C	8:15-9:45am	AGB + C				
	<u>Summer Team @ Hamp</u>		<u>Summer Team @ Hamp</u>		<u>Summer Team @ Hamp</u>		<u>Summer Team @ Hamp</u>		<u>Summer Team @ Hamp</u>		Summer League Mid Cap Meet at Cumberland Valley High School hosted by Ducks			
	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced				
	9-10am	Novice	9-10am	Novice	9-10am	Novice	9-10am	Novice	9-10am	Novice				
<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>						
5:30-7pm	AGC	4:15-5:45pm	AGC	3:30-5:30pm	SR	4:15-5:45pm	AGC	4:15-5:45pm	AGB					
5:30-7pm	AGB	4:15-5:45pm	AGB	3:30-5:30pm	Pre-Sr	4:15-5:45pm	AGB	4:15-5:45pm	AGB					
		<u>Ducks</u>		<u>Ducks</u>		<u>Ducks</u>		<u>Ducks</u>						
		5:45-7pm Advanced		5:30-7pm AGB		5:30-7pm AGB		5:45-7pm Advanced						
		5:45-7pm Novice		5:30-7pm AGB		5:30-7pm AGB		5:45-7pm Novice						
		24		25		26		27		28		29		
												30		
Week of 7/31-8/6/23	<u>at West Shore CC</u>		<u>at West Shore CC</u>		<u>at West Shore CC</u>		<u>at West Shore CC</u>		<u>at West Shore CC</u>		No practice today		No practice today	
	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr				
	8-10am	AGC	8-10am	AGC	8-10am	AGC	8-10am	AGC	8-10am	AGC				
	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>					
5:30-7pm AGB		5:30-7pm AGB		5:30-7pm AGB		5:30-7pm AGB		5:30-7pm AGB						
		31		1		2		3		4		5		
												6		
Week of 8/7-13/23	<u>at West Shore CC</u>		<u>at West Shore CC</u>		<u>at West Shore CC</u>		<u>at West Shore CC</u>		<u>at West Shore CC</u>		No practice today		No practice today	
	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr				
	8-10am	AGC	8-10am	AGC	8-10am	AGC	8-10am	AGC	8-10am	AGC				
	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>					
5:30-7pm AGB		5:30-7pm AGB		5:30-7pm AGB		5:30-7pm AGB		5:30-7pm AGB						
		7		8		9		10		11		12		
												13		
Week of 8/14-20/23	End of Summer Break													
		14		15		16		17		18		19		
												20		
Week of 8/21-27/23	End of Summer Break													
		21		22		23		24		25		26		
												27		
Week of 8/28-9/2/23	<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>		<u>at YMCA</u>					
	First Day of 2023-2024													
		28		29		30		31		1-Sep		2		
												3		