

August '19

S	M	T	W	Th	F	Sa	
					1	2	3
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	



Lightning Training Schedule

September 2019



October '19

S	M	T	W	Th	F	Sa	
			1	2	3	4	5
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2	Labor Day	3		4		5		6	Make Up Day	7	
HURRICANE DORIAN		HURRICANE DORIAN						DevHS: 330-5p Red:5-5:45p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)		DevHS 330-5p Red 5:30-6:15p Bronze 5-6p DSr 5-6:15p Asr 4-6p		SWIM MEET: JUPITER FALL INV. ENTRIES TO BE UPDATED BRONZE, DSR, ASR (NonHS) ONLY ASR: 630-8:30AM HIGH SCH ONLY	
8	Grandparents Day	9	DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	10	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	11	Patriot Day DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	12	DevHS: OFF Red: OFF HS MEET Bronze: OFF HS MEET Dev.Sr: OFF HS MEET Adv.Sr:430-630 (SW ONLY)	13	Adv.Sr 5-6:30am	14	Dev.Sr:630-830a Adv.Sr:630-830(Sw ONLY)
15		16	DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	17	Constitution Day DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	18	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	19	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	20	Adv.Sr 5-6:30am	21	Dev.Sr:630-830a Adv.Sr:630-830(Sw ONLY)
22		23	Autumnal equinox DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	24	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	25	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	26	DevHS: 330-5p Red:HOT DOG MEET! Bronze: HOT DOG MEET! Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	27	Adv.Sr 5-6:30am	28	Dev.Sr:630-830a Adv.Sr:630-830(Sw ONLY)
29		30	Rosh Hashanah NO SCHOOL Dev.HS OFF Bronze: OFF Dev.Sr: OFF Adv.Sr: 630A-830A HS ONLY	1	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	2	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	3	DevHS: 330-5p Red:5:30-6:15p Bronze: 5-6p Dev.Sr:5-530(D) 540-645(S) Adv.Sr:430-530(D) 540-7(Sw)	4	PALM BCH CNTY. HS SWIMMING & DIVING CHAMPS SERIES		
6		7	DevHS: 330-5p Bronze: 5-6p Dev.Sr:5-630p(S) Adv.Sr:430-6:30p(Sw)	Notes									