

August 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6

LIGHTNING END OF SUMMER BREAK! STAY ACTIVE....EAT HEALTHY....ENJOY FAMILY!.....Pls. remember to communicate any intent on leaving Lightning Swimming for the Fall season so we can adjust our lane usage & team roster accordingly....Thx!!

7 DevSr: 515-645p AdvSr:445-645p W Only	8 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p W Only	9 Red: 430-515pm Bronze: 515-630p DevSr: 515-645p AdvSr:445-645p W Only	10 School Begins Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p W Only	11 AdvSr:430-615p Speed Drills	12 AdvSr: 615-8:15a	13	
14 DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	15 AdvSr DRYLAND BEGINS 4-45 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	16 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	17 AdvSr DRYLAND 4-45 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	18 AdvSr:430-615p Speed Drills	19 AdvSr: 615-8:15a	20	
21 DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	22 AdvSr DRYLAND 4-45 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	23 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	24 AdvSr DRYLAND 4-45 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	25 FHILL HS MEET	26 AdvSr: 615-8:15a	27	
28 DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	29 AdvSr DRYLAND 4-45 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	30 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	31 AdvSr DRYLAND 4-45 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	1 FHILL HS MEET	2 AdvSr: 615-8:15a	3	
4 NO PRACTICES FALL HOLIDAY	5 Red: 430-515pm Bronze: 515-630p DevHS: 330-445p DevSr: 515-645p AdvSr:445-645p	Notes					