

# July 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 AdvSr: 615A-830A & 330PM-415 (Dryland) 430-6 (W) DevSr: 715AM-830AM	27 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	28 AdvSr: 615a-830(W) 330p-415p (D) DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	29 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	30 AdvSr: 615A-815A DevSr: 700AM-830AM	1 AdvSr: 615A-815A LIGHTNING FIRECRACKER SUB BB TIMES INV	2
3 AdvSr: 615A-830A & 330PM-415 (Dryland) 430-6 (W) DevSr: 715AM-830AM	4 <b>NO PRACTICES HAPPY JULY 4th!</b>	5 AdvSr: 615a-830(W) 330p-415p (D) DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	6 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	7	FGC N BB CHAMPIONSHIPS @ BOCA RATON HIGH	
10 AdvSr: 615A-830A & 330PM-415 (Dryland) 430-6 (W) DevSr: 715AM-830AM	11 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	12 AdvSr: 615a-830(W) 330p-415p (D) DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	13 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	14 15 & O Q AdvSr: 615A-815A	15	16
				FGC 14 & U AGE GROUP CHAMPS @ SAILFISH PARK/STUART		
17 AdvSr: 615A-830A & 330PM-415 (Dryland) 430-6 (W) DevSr: 715AM-830AM	18 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	19 AdvSr: 615a-830(W) NO DRYLAND DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	20 AdvSr: 615A-830A DevSr: 715AM-830AM DevHighSchool: 9AM-10:15AM Red: 9-945A OR 415-5PM Bronze: 9-10:15A OR 5-615P	21	22	23
				FGC 15 & OVER SR. CHAMPS @ CORAL SPRINGS		
24	25	26	27	28	29	30

**LIGHTNING END OF SUMMER BREAK! STAY ACTIVE....EAT HEALTHY....ENJOY FAMILY!**

31	1	2	3	4	5	6
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**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 accordingly....Thx!!**