

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
Week of 7/25-31/11	at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club	
	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	8-10:30am	Senior/Pre-S
	at YMCA		at YMCA		at YMCA		at YMCA				Summer League Mid Cap Championships at Hershey Rec Center			
	4-5:30pm	AGA/B/C	4-5:30pm	AGA/B/C	4-5:30pm	AGA/B/C	4-5:30pm	AGA/B/C	Y National participants return from Atlanta					
Middle Atlantic Junior Olympics for all WSY qualifiers at Penn State (Thursday-Sunday)														
		25		26		27		28		29		30		31
Week of 7/31-8/6	at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club	
	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	8-10:30am	Senior/Pre-S
		31		1		2		3		4		5		6
Week of 8/7-13/11	at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		No Sunday workout	
	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S		
USA Swimming Junior Nationals at Stanford U for Qualifiers														
		7		8		9		10		11		12		13
Week of 8/14-20/11	at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		at WS Country Club		No Sunday workout	
	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S	7-9:30am	Senior/Pre-S		
		14		15		16		17		18		19		20