

JANUARY 2020- EHMS Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 No Practice New Year's Day	2 H and Y Squads 5:30-6:30 pm	3 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	4
5	6 No Practice Three King's Day	7 H and Y Squads 5:30-7:00 pm	8 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	9 H and Y Squads 5:30-6:30 pm	10 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	11
12	13 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	14 H and Y Squads 5:30-7:00 pm	15 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	16 H and Y Squads 5:30-6:30 pm	17 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	18
19	20 No Practice MLK Day LEHY Bowling Party Bowl a Rama Newington	21 H and Y Squads 5:30-7:00 pm	22 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	23 H and Y Squads 5:30-6:30 pm	24 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	25
26	27 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	28 H and Y Squads 5:30-7:00 pm	29 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	30 H and Y Squads 5:30-6:30 pm	31 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	1

FEBRUARY 2020- EHMS Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	4 H and Y Squads 5:30-7:00 pm	5 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	6 H and Y Squads 5:30-6:30 pm	7 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	8
9	10 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	11 H and Y Squads 5:30-7:00 pm	12 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	13 H and Y Squads 5:30-6:30 pm	14 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	15
16	17 No Practice President's Day	18 H and Y Squads 5:30-7:00 pm	19 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	20 H and Y Squads 5:30-6:30 pm	21 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	22
23	24 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	25 H and Y Squads 5:30-7:00 pm	26 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	27 H and Y Squads 5:30-6:30 pm	28 8/under- 4:30-5:30 pm AG Swimmers- 4:30-6:30 No practice for Regional Swimmers	29

MARCH 2020- EHMS Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	3 H and Y Squads 5:30-7:00 pm	4 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	5 H and Y Squads 5:30-6:30 pm	6 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-7:30 pm	7
8	9 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	10 H and Y Squads 5:30-6:30 pm	11 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-6:30 pm	12 H and Y Squads 5:30-6:30 pm	13 No Practice Age Group Championships	14
15	16 H and Y Squads 5:30-6:30 pm E Squad with Coaches Permission	17 H and Y Squads 5:30-6:30 pm	18 L and E Squads 4:30-5:30 pm H and Y Squads 5:30-6:30 pm	19 H and Y Squads 5:30-6:30 pm	20 No 8/u or Dev. H and Y Squad Regular Practice 5:30-6:30 pm	21
22	23 Schedule will be set for Zone Swimmers after Age Groups	24	25	26	27	28
29	30	31	1	2	3	4