Updated	Mond	lav	Tues	sdav	Wedn	esday	Thu	rsday	Fr	iday	Satur	rdav	Sur	ıday
6/27/2024	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group	Time	Group
0/21/2024	LC at Har	•	LC at Ha	•		ampden_		ampden		Hampden		о.оцр		
Week of 7/1-7/24	8-10am	Sr/Pre-Sr AGB + C	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr AGB + C	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr AGB + C	No practi	ce today	No pract	ice today
	8:15-9:45am Ducks @ H		8:15-9:45am Ducks @ I	AGB + C Hampden	8:15-9:45am	Hampden	8:15-9:45am	AGB + C Hampden	8:15-9:45am Ducks @	AGB + C Hampden	·	•		•
	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced				
	9-10am	Novice	9-10am	Novice	9-10am	Novice	9-10am	Novice	9-10am	Novice				
	at YMCA		at YMCA		at YMCA									
	3:30-5:30pm	SR	4:15-5:45pm	AGC	5:30-7pm	AGC								
	3:30-5:30pm	Pre-Sr	4:15-5:45pm	AGB	5:30-7pm	AGB	NO evenir	• .						
	5:30-7pm 5:30-7pm	AGC AGB	Ducks @	YMCA				CA due to						
	,		5:45-7pm	Advanced	NO Sr or Pre	Sr practice	July 4th	holiday						
			5:45-7pm	Novice	110 01 01 110	or pructice								
		1		2	2	3		4		5	;	6	6	7
	LC at Har		LC at Ha		LC at H			ampden		Hampden				
	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C	8-10am Sr/Pre-Sr 8:15-9:45am AGB + C		8-10am Sr/Pre-Sr 8:15-9:45am AGB + C		8-10am Sr/Pre-Sr 8:15-9:45am AGB + C		8-10am Sr/Pre-Sr 8:15-9:45am AGB + C		No practice today		No practice today	
	Ducks @ H		Ducks @ I			Hampden		Hampden) Hampden				
	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced	8:30am-10am	Advanced				
	9-10am	Novice	9-10am	Novice	9-10am	Novice	9-10am	Novice	9-10am	Novice				
Week of	at YM	CA	at YM	MCA	at Y	MCA								
7/8-14/24	3:30-5:30pm	SR	4:15-5:45pm	AGC	5:30-7pm	AGC	AWAY S	Summer						
	3:30-5:30pm 5:30-7pm	Pre-Sr AGC	4:15-5:45pm	AGB	5:30-7pm	AGB	League D	ucks meet						
	5:30-7pm	AGB	Ducks @	YMCA				g Springs						
			5:45-7pm	Advanced	NO Sr or Pre	Sr practice		School						
			5:45-7pm	Novice				3011001						
		8		9		10		11		12)	13	3	14
	LC at Har		LC at Ha			ampden		ampden		12 Hampden		13	at Y	14 <u>MCA</u>
	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	8-10am	Sr/Pre-Sr	No practi	ce today	at Y	
		Sr/Pre-Sr AGB + C		Sr/Pre-Sr AGB + C	8-10am 8:15-9:45am		8-10am 8:15-9:45am		8-10am 8:15-9:45am		No practi	ce today	at Y	
	8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am	Sr/Pre-Sr AGB + C ampden Advanced	8-10am 8:15-9:45am Ducks @ I 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	8-10am 8:15-9:45am Ducks @ 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	No practi	ce today	at Y	
	8-10am 8:15-9:45am <u>Ducks @</u> H	Sr/Pre-Sr AGB + C ampden	8-10am 8:15-9:45am Ducks @ I	Sr/Pre-Sr AGB + C Hampden	8-10am 8:15-9:45am Ducks @	Sr/Pre-Sr AGB + C Hampden	8-10am 8:15-9:45am <u>Ducks @</u>	Sr/Pre-Sr AGB + C Hampden	8-10am 8:15-9:45am <u>Ducks @</u>	Sr/Pre-Sr AGB + C Hampden			at Y	
Week of	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C lampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @ I</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	Summer	League		MCA
Week of 7/15-21/24	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am at YM 3:30-5:30pm	Sr/Pre-Sr AGB + C ampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @ I</u> 8:30am-10am 9-10am <u>at YN</u> 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am at Y 5:30-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am <u>at Y</u> 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di	League ivisional	Summe	· League
	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C lampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @ I</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee	League ivisional et at	Summer Ducks All	· League Star meet
	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr	8-10am 8:15-9:45am <u>Ducks @ 1</u> 8:30am-10am 9-10am <u>at YN</u> 4:15-5:45pm <u>Ducks @</u>	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am at Y 5:30-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am <u>at Y</u> 4:15-5:45pm 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast	League ivisional et at tern High	Summer Ducks All at Keystor	· League Star meet ne Aquatic
	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am 3:30-5:30pm 3:30-5:30pm 5:30-7pm	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr AGC	8-10am 8:15-9:45am Ducks @ I 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm Ducks @ 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am at Y 5:30-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am <u>at Y</u> 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee	League ivisional et at tern High	Summer Ducks All at Keystor	· League Star meet
	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am 3:30-5:30pm 3:30-5:30pm 5:30-7pm	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr AGC	8-10am 8:15-9:45am <u>Ducks @ 1</u> 8:30am-10am 9-10am <u>at YN</u> 4:15-5:45pm <u>Ducks @</u>	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am at Y 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am <u>at Y</u> 4:15-5:45pm 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast	League ivisional et at tern High	Summer Ducks All at Keystor	· League Star meet ne Aquatic
	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am 3:30-5:30pm 3:30-5:30pm 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr AGC AGB	8-10am 8:15-9:45am Ducks @ ! 8:30am-10am 9-10am at YN 4:15-5:45pm 4:15-5:45pm Ducks @ 5:45-7pm 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am at Y ! 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB @ YMCA Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C <u>) Hampden</u> Advanced Novice	Summer Ducks Di mee Northeast	League ivisional et at tern High	Summer Ducks All at Keystor Cer	League Star meet ne Aquatic nter
	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am 3:30-5:30pm 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C lampden Advanced Novice CA SR Pre-Sr AGC AGB	8-10am 8:15-9:45am <u>Ducks @ 1</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks @</u> 5:45-7pm 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB @ YMCA Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C <u>Hampden</u> Advanced Novice	Summer Ducks Di mee Northeast Sch	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter
	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am 3:30-5:30pm 3:30-5:30pm 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr AGC AGB	8-10am 8:15-9:45am Ducks @ ! 8:30am-10am 9-10am at YN 4:15-5:45pm 4:15-5:45pm Ducks @ 5:45-7pm 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am at Y ! 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm 5:45-7pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB @ YMCA Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C <u>) Hampden</u> Advanced Novice	Summer Ducks Di mee Northeast	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	League Star meet ne Aquatic nter
	8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am <u>at YM</u> 3:30-5:30pm 3:30-5:30pm 5:30-7pm 5:30-7pm	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C lampden	8-10am 8:15-9:45am <u>Ducks @ I</u> 8:30am-10am 9-10am <u>at YN</u> 4:15-5:45pm 4:15-5:45pm <u>Ducks @</u> 5:45-7pm 5:45-7pm <u>LC at Ha</u> 8-10am 8:15-9:45am <u>Ducks @ I</u>	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice 16 Ampden Sr/Pre-Sr AGB + C Hampden	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Sr practice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am <u>at Y</u> 4:15-5:45pm 4:15-5:45pm <u>Ducks @</u> 5:45-7pm 5:45-7pm <u>LC at H</u> 8-10am 8:15-9:45am <u>Ducks @</u>	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB @ YMCA Advanced Novice 18 ampden Sr/Pre-Sr AGB + C Hampden	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am LC at F 8-10am 8:15-9:45am Ducks @	Sr/Pre-Sr AGB + C) Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C () Hampden	Summer Ducks Di mee Northeast Sch	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter
	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Impden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C ampden Advanced	8-10am 8:15-9:45am Ducks @ 1 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm Ducks @ 1 5:45-7pm 5:45-7pm 8:15-9:45am Ducks @ 1 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice 16 ampden Sr/Pre-Sr AGB + C Hampden Advanced Advanced	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGB Sr practice 2 Sr practice 17 ampden Sr/Pre-Sr AGB + C Hampden Advanced	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm 5:45-7pm 8:15-9:45am <u>Ducks @</u> 8:30am-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB @ YMCA Advanced Novice 18 ampden Sr/Pre-Sr AGB + C Hampden Advanced	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am 	Sr/Pre-Sr AGB + C Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast Sch	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	League Star meet ne Aquatic nter
	8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am 3:30-5:30pm 5:30-7pm 5:30-7pm 5:30-7pm LC at Har 8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Impeden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C Impeden Advanced Novice	8-10am 8:15-9:45am Ducks @ I 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm Ducks @ I 5:45-7pm 5:45-7pm LC at Ha 8-10am 8:15-9:45am Ducks @ I 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB YMCA Advanced Novice 16 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Sr practice	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Ø YMCA Advanced Novice 18 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am LC at F 8-10am 8:15-9:45am Ducks @	Sr/Pre-Sr AGB + C) Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C () Hampden	Summer Ducks Di mee Northeast Sch	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter
7/15-21/24 Week of	8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am 3:30-5:30pm 5:30-7pm 5:30-7pm 5:30-7pm <u>LC at Har</u> 8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Impden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C Impden Advanced Novice CA SR Pre-Sr AGC AGB	8-10am 8:15-9:45am Ducks @ 1 8:30am-10am 9-10am at YN 4:15-5:45pm 4:15-5:45pm 5:45-7pm 5:45-7pm 6:45-7pm 8:15-9:45am Ducks @ 1 8:30am-10am 9-10am at YN	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice 16 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am st Yl 5:30-7pm 5:30-7pm NO Sr or Pro LC at H 8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Sr practice 17 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Ø YMCA Advanced Novice 18 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA MCA MOB MCA MOB MCA MOB MCA MOB MCA	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am 	Sr/Pre-Sr AGB + C Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast Sch	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter
7/15-21/24	8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am 3:30-5:30pm 5:30-7pm 5:30-7pm 5:30-7pm LC at Har 8-10am 8:15-9:45am Ducks @ H 8:30am-10am 9-10am at YM 3:30-5:30pm	Sr/Pre-Sr AGB + C ampden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C lampden Advanced Novice CA SR SR SR/Pre-Sr AGB + C lampden Advanced Novice CA SR	8-10am 8:15-9:45am Ducks @ 1 8:30am-10am 9-10am at YM 4:15-5:45pm 4:15-5:45pm Ducks @ 1 5:45-7pm 5:45-7pm 8:15-9:45am Ducks @ 1 8:30am-10am 9-10am at YM 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice 16 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA Advanced AGC	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Sr practice 17 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice Annivarsary	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am 	Sr/Pre-Sr AGB + C Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast Sch	League ivisional et at tern High ool	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter
7/15-21/24 Week of	8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am 3:30-5:30pm 5:30-7pm 5:30-7pm 5:30-7pm <u>LC at Har</u> 8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am	Sr/Pre-Sr AGB + C Impden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C Impden Novice CA SR Pre-Sr AGR + C Impden Novice CA SR Pre-Sr AGR Advanced Novice	8-10am 8:15-9:45am Ducks @ I 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm Ducks @ 5:45-7pm 5:45-7pm LC at Ha 8-10am 8:15-9:45am Ducks @ I 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice 16 Advanced Novice 16 Advanced Novice AGB + C Hampden Advanced Novice MCA AGB + C Hampden Advanced Novice	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Sr/Pre-Sr AGB + C Hampden Advanced Novice AGB + C Hampden Advanced Novice Annivarsary West Shore	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm 5:45-7pm 5:45-7pm 8:10am 8:15-9:45am 9-10am 9-10am 4:15-5:45pm 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB © YMCA Advanced Novice 18 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB AGC AGB AGC AGB AGC AGB AGC AGB	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am 	Sr/Pre-Sr AGB + C Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast Sch No practi	League ivisional et at tern High ool ce today	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter
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7/15-21/24 Week of	8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am 3:30-5:30pm 5:30-7pm 5:30-7pm LC at Har 8-10am 8:15-9:45am <u>Ducks @ H</u> 8:30am-10am 9-10am at YM 3:30-5:30pm 3:30-5:30pm 5:30-7pm	Sr/Pre-Sr AGB + C Impden Advanced Novice CA SR Pre-Sr AGC AGB 15 mpden Sr/Pre-Sr AGB + C Impden Novice CA SR Pre-Sr AGR + C Impden Novice CA SR Pre-Sr AGR Advanced Novice	8-10am 8:15-9:45am Ducks @ I 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm 5:45-7pm 5:45-7pm 6:45-7pm 8:15-9:45am Ducks @ I 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA Advanced Novice 16 Advanced Novice 16 Advanced Novice MCA AGB + C Hampden Advanced Novice MCA AGC AGB D YMCA AGC AGB D YMCA AGC AGB	8-10am 8:15-9:45am	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Sr practice 17 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice Annivarsary West Shore Club - No	8-10am 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am 4:15-5:45pm 4:15-5:45pm <u>Ducks (</u> 5:45-7pm 5:45-7pm 5:45-7pm 8:15-9:45am <u>Ducks @</u> 8:30am-10am 9-10am <u>at Y</u> 4:15-5:45pm 4:15-5:45pm	Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA AGC AGB Ø YMCA Advanced Novice 18 ampden Sr/Pre-Sr AGB + C Hampden Advanced Novice MCA Advanced Advanced Advanced Sr/Pre-Sr AGB + C Hampden Advanced Advanced Advanced Advanced AGC AGB	8-10am 8:15-9:45am Ducks @ 8:30am-10am 9-10am 	Sr/Pre-Sr AGB + C Hampden Advanced Novice 19 Hampden Sr/Pre-Sr AGB + C Hampden Advanced	Summer Ducks Di mee Northeast Sch No practi	League ivisional et at tern High ool ce today League did Cap Palmyra	Summer Ducks All at Keystor Cer	· League Star meet ne Aquatic nter