Updated 6/27/2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Time / Group	Time / Group	Time / Group	Time / Group	Time / Group	Time / Group	Time / Group
Week of 7/1-7/24	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 3:30-5:30pm SR 3:30-5:30pm Pre-Sr 5:30-7pm AGC 5:30-7pm AGB 1	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 4:15-5:45pm AGC 4:15-5:45pm AGB **Ducks @ YMCA** 5:45-7pm Advanced 5:45-7pm Novice 2	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 5:30-7pm AGC 5:30-7pm AGB **NO Sr or Pre Sr practice** 3	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **NO evening practics at the YMCA due to July 4th holiday** 4	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice 5	**No practice today** 6	**No practice today** 7
Week of 7/8-14/24	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 3:30-5:30pm SR 3:30-5:30pm Pre-Sr 5:30-7pm AGC 5:30-7pm AGB 8	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 4:15-5:45pm AGC 4:15-5:45pm AGB **Ducks @ YMCA** 5:45-7pm Advanced 5:45-7pm Novice 9	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 5:30-7pm AGC 5:30-7pm AGB **NO Sr or Pre Sr practice** 10	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **AWAY Summer League Ducks meet at Boiling Springs High School** 11	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice 12	**No practice today** 13	**No practice today** 14
Week of 7/15-21/24	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 3:30-5:30pm SR 3:30-5:30pm Pre-Sr 5:30-7pm AGC 5:30-7pm AGB 15	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 4:15-5:45pm AGC 4:15-5:45pm AGB **Ducks @ YMCA** 5:45-7pm Advanced 5:45-7pm Novice 16	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 5:30-7pm AGC 5:30-7pm AGB **NO Sr or Pre Sr practice** 17	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 4:15-5:45pm AGC 4:15-5:45pm AGB **Ducks @ YMCA** 5:45-7pm Advanced 5:45-7pm Novice 18	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice 19	**No practice today** **Summer League Ducks Divisional meet at Northeastern High School** 20	**at YMCA** **Summer League Ducks All Star meet at Keystone Aquatic Center** 21
Week of 7/26-31/21	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 3:30-5:30pm SR 3:30-5:30pm Pre-Sr 5:30-7pm AGC 5:30-7pm AGB 22	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 4:15-5:45pm AGC 4:15-5:45pm AGB **Ducks @ YMCA** 5:45-7pm Advanced 5:45-7pm Novice 23	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **Ducks 50th Anniversary Banquet at West Shore Country Club - No evening practice** 24	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice **at YMCA** 4:15-5:45pm AGC 4:15-5:45pm AGB **Ducks @ YMCA** 5:45-7pm Advanced 5:45-7pm Novice 25	**LC at Hampden** 8-10am Sr/Pre-Sr 8:15-9:45am AGB + C **Ducks @ Hampden** 8:30am-10am Advanced 9-10am Novice 26	**No practice today** **Summer League Ducks Mid Cap meet at Palmyra Community Pool** 27	**at YMCA** **No practice today** 28