

July 2009

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|-----------------------------------|-----------|-----------------------------------|--------|---|
| | | | 1 | 2 Lake Newport 8 - 9:30 PM | 3 | 4 No Practice |
| 5 Lake Newport 8 - 9 PM | 6 | 7 Lake Newport 8 - 9:30 PM | 8 | 9 Lake Newport 8 - 9:30 PM | 10 | 11 Lake Newport 7 & 8:30 AM Chris Greene Cable Swims DCAC Swim for Life |
| 12 Lake Newport 8 - 9 PM | 13 | 14 Lake Newport 8 - 9:30 PM | 15 | 16 Lake Newport 8 - 9:30 PM | 17 | 18 Lake Newport 7 & 8:30 AM |
| 19 Lake Thoreau 8 - 9 PM Hains Pt. LCM Meet | 20 | 21 Lake Newport 8 - 9:30 PM | 22 | 23 Lake Newport 8 - 9:30 PM | 24 | 25 Lake Thoreau 7 & 8:30 AM |
| 26 No Practice Lifeguard Olympics | 27 | 28 Lake Newport 8 - 9:30 PM | 29 | 30 Lake Newport 8 - 9:30 PM | 31 | |