

# ACWS November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4pm-6pm ACWS Practice 10 & Under	2 6:00-8:00 ACWS Practice	3 4pm-6pm ACWS Practice 10 & Under	4 6:00-8:00 ACWS Practice	5 7 am-10 am ACWS Practice Silver: 7am – 9:30am Gold: 7am – 9:30am Bronze: 9am – 10am
6 6:00am-8:00am ACWS Practice – Silver & Gold ONLY	7 5am-6:30am ACWS Practice Silver & Gold 6pm-8pm ACWS Practice Silv & Gold Dry Land 6pm til 6:45pm Bronze: 6pm til 7pm Silver: 6:45 til 8pm Gold: 6:45 til 8pm	8 6pm-8pm ACWS Practice Bronze: 6pm til 7pm Silver: 6:45 til 8pm Gold: 6:45 til 8pm	9 5am-6:30am ACWS Practice Silver & Gold 6-8 ACWS Practice Silv & Gold Dry Land 6pm to 6:45pm Bronze: 6pm til 7pm Silver: 6:45 til 8pm Gold: 6:45 til 8pm	10 6-8 ACWS Practice Bronze: 6pm til 7pm Silver: 6:45 til 8pm Gold: 6:45 til 8pm	11 5am-6:30am ACWS Practice Silver & Gold 6-8 ACWS Practice Silv & Gold Dry Land 6pm til 6:45pm Bronze: 6pm til 7pm Silver: 6:45 til 8pm Gold: 6:45 til 8pm	12
13 6:00am-8:00am ACWS Practice Silver & Gold ONLY	14 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice	15 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	16 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice	17 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	18 5am-6:30am ACWS Practice Silver & Gold 7-9 ACWS Practice	19 7-9 HS Swim Practice 9-11 ACWS Swim Practice - Bronze 9am – 10am Silver: 9:45am – 11am Gold : 9:45am – 11am
20 6:00am-8:00am ACWS Practice Silver & Gold ONLY	21 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice	22 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	23 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice	24 <b>HAPPY THANKSGIVING</b>	25 5am-6:30am ACWS Practice Silver & Gold 7-9 ACWS Practice	26 7-9 HS Swim Practice 9-11 ACWS Swim Practice Bronze 9am – 10am Silver: 9:45am – 11am Gold : 9:45am – 11am
27 6:00am-8:00am ACWS Practice Silver & Gold ONLY	28 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice	29 6:50-8:30 ACWS Practice	30 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>ACWS December 2011</h1>				1 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	2 5am-6:30am ACWS Practice Silver & Gold 7-9 ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	3
4 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY	5 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	6 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	7 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	8 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	9 5am-6:30am ACWS Practice Silver & Gold 7-9 ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	10 <b>ACWS at Palmyra</b>
11 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY	12 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	13 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	14 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	15 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	16 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	17
18 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY	19 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	20 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	21 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	22 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	23 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	24 No Practice
25 No Practice	26 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	27 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	28 5am-6:30am ACWS Practice Silver & Gold 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	29 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	30 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	31 New Years Eve

## ACWS Combined January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	3 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	4 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	5 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	6 5am-6:30am ACWS Practice Silver & Gold 7-9 ACWS Practice 7pm-9pm ACWS Practice Bronze: 7:00-8:00pm Silver/Gold:7:30pm – 9:00pm	7  <b>ACWS at Big Springs</b>
8 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY	9 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	10 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	11 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	12 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	13 7-9 ACWS Practice 5-6:30am Silver & Gold 7-9 ACWS Practice 7pm-9pm ACWS Practice Bronze: 7:00-8:00pm Silver/Gold:7:30- 9:00pm	14  <b>East Penn at ACWS</b>  4-6 Exclusive Party
15 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY 2-5 Rec Swim	16 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	17 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	18 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	19 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	20 5am-6:30am ACWS Practice Silver & Gold 7-9 ACWS Practice 7pm-9pm Practice Bronze: 7:00-8:00pm Silver/Gold:7:30 – 9:00pm	21  <b>ACWS at Ephrata</b>
22 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY	23 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	24 6:50pm-8:30pm Practice All Groups: 6:50 – 8:30	25 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm Practice All Groups: 6:50 – 8:30PM	26 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	27 5-6:30am Practice Silver & Gold 7pm-9pm ACWS Practice Bronze:7:00 – 8:00pm Silver/Gold:7:30– 9:00pm	28  <b>CROSS OVER MEET at Home ACWS vs Mechanicsburg and Mercersburg Swim Clubs</b>
29 6:00am-8:00am ACWS Practice Practice Silver & Gold ONLY	30 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS All Groups:6:50 – 8:30	31 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30				

# ACWS Combined February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	2 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	3 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	4  <b>Sea Lions at ACWS</b>
5	6 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 –	7 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	8 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 –	9 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	10 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm	11
12	13 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	14 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	15 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 – 8:30	16 6:50-8:30 ACWS Practice All Groups: 6:50 – 8:30	17 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm Silver/Gold:7:30pm – 9:00pm	18
19	20 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 –	21 6:00-8:00 ACWS Practice All Groups: 6:50 – 8:30	22 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 –	23 6:00-8:00 ACWS Practice All Groups: 6:50 – 8:30	24 5am-6:30am ACWS Practice Silver & Gold 7pm-9pm ACWS Practice Bronze: 7:00pm – 8:00pm	25  <b>CPAL Division Championship Meet At Home</b>
26  <b>CPAL All Star Championship Meet</b>	27 5am-6:30am ACWS Practice Silver & Gold 6:50pm-8:30pm ACWS Practice All Groups: 6:50 –	28				