

June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 ACWS Swim Team 5:30-7:00 PM	2	3 ACWS Swim Team 5:30-7:00 PM	4	5 ACWS Swim Team 6:00-8:00 PM	6 ACWS Swim Team 9:00-11:00 AM Diving Team Clinic 6:00 to 8:30 PM
7 Diving Team Clinic 5:30 to 8:30 PM	8 ACWS Swim Team 6:00-8:00 PM	9 ACWS Swim Team 6:00-8:00 PM	10 ACWS Swim Team 6:00-8:00 PM	11 ACWS Swim Team 6:00-8:00 PM	12 ACWS Swim Team 6:00-8:00 PM	13 ACWS Vs Mechanicsburg HOME
14	15 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	16 ACWS Swim Team 6:30-8:00 PM	17 Morning Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	18 ACWS Swim Team 6:30-8:30 PM	19 ACWS Swim Team 6:30-8:30 PM	20 ACWS Vs Bobcats AWAY
21	22 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	23 ACWS Swim Team 6:30-8:00 PM	24 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	25 ACWS Swim Team 6:30-8:30 PM	26 ACWS Swim Team 6:30-8:30 PM	27 ACWS Vs Dover HOME
28	29 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	30 ACWS Swim Team 6:30-8:30 PM				

2009

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	2 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:30 PM	3 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:30 PM	4 Independence Day NO PRACTICE
5	6 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	7 Evening Practice 6:30-8:00 PM	8 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	9 Evening Practice 6:30-8:30 PM	10 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:00-8:00 PM	11 ACWS Vs CVAC HOME
12	13 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	14 Evening Practice 6:30-8:00 PM	15 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	16 Evening Practice 6:30-8:00 PM	17 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:30 PM	18 CASL Division Championship Meet At CVHS
19 CASL All Star Championship Meet At Camp Hill Municipal Pool	20 Morning Swim Practice 7:00 – 9:00 AM	21 Evening Practice 6:30-8:00 PM	22 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:00 PM	23 Evening Practice 6:30-8:00 PM	24 Morning Swim Practice 7:00 – 9:00 AM Evening Practice 6:30-8:30 PM	25 MID-CAPS Championship Meet At Hershey
26	27 TENTATIVE Morning Swim Practice 7:00 – 9:00 AM	28 TENTATIVE Morning Swim Practice 7:00 – 9:00 AM	29 TENTATIVE Morning Swim Practice 7:00 – 9:00 AM	30 TENTATIVE Morning Swim Practice 7:00 – 9:00 AM	31 TENTATIVE Morning Swim Practice 7:00 – 9:00 AM	

2009