

March 2023

Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
	NO PRACITCE	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Best of the South Practice ONLY 4:15 - 6:15	Black Group 7:45 - 10:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
5	6	7	8	9	10	11
	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Best of the South	Best of the South
12	13	14	15	16	17	18
Best of the South	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Team Banquet 6:00 - 8:00p SportsPLEX Gym	TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	NO PRACITCE	Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
19	20	21	22	23	24	25
	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	NO PRACITCE	Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
26	27	28	29	30	31	1
	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	28 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	29 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	30 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	31 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	1 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
2	3 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	4 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	5 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	6 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	7 UNDERWATER EGG HUNT NO PRACTICE	8 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
9	10 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	11 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	12 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	13 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	14 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	15 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
16	17 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45 TYR SUIT FITTING FOR SUMMER SUITS	18 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	19 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	20 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	21 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	22 AUB Long Course
23 AUB Long Course	24 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	25 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	26 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	27 Black Group 4:15 - 6:00 Red Group 4:15 - 6:00 CAMP OST 6:15 - 7:15	28 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	29 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	2 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	3 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	4 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	5 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	6 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30 SUMMER SWIM 11:30 - 12:30 TIMES FOR EACH AGE GROUP TBD
7	8 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	9 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	10 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	11 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	12 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	13 PANAMA CITY LONG COURSE
14 PANAMA CITY LONG COURSE	15 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	16 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	17 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	18 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	19 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	20 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30 SUMMER SWIM 11:30 - 12:30 TIMES FOR EACH AGE GROUP TBD
21	22 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	23 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	24 TIDAL WAVES @5:15 Black Group 4:15 - 6:15 Dryland 6:30 - 7:15 White Group 6:15 - 7:45	25 Black Group 4:15 - 6:00 Red Group 4:15 - 6:15 SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	26 Black Group 4:15 - 6:15 Red Group 6:00 - 7:45 White Group 6:15 - 7:45	27 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30 SUMMER SWIM 11:30 - 12:30 TIMES FOR EACH AGE GROUP TBD
28	29 MEMORIAL DAY NO PRACTICE	30 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	31 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p SUMMER SWIM 6:15 - 7:15 TIMES FOR EACH AGE GROUP TBD	1 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 5:30 OST INTRASQUAD 5:30 - 7:30p	2 BIRMINGHAM LONG COURSE	3 BIRMINGHAM LONG COURSE

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 NO PRACTICE	30 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	31 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	1 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 5:30 OST INTRASQUAD 5:30 - 7:30p	2 BIRMINGHAM LONG COURSE	3 BIRMINGHAM LONG COURSE
4 BIRMINGHAM LONG COURSE	5 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	6 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	7 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	8 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a OST v AUB	9 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a	10 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
11	12 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	13 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	14 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	15 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p OST AT PSL	16 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a	17 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
18	19 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	20 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	21 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	22 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 5:30 OST INTRASQUAD 5:30 - 7:30p	23 COLUMBUS LONG COURSE P/F	24 COLUMBUS LONG COURSE P/F
25 COLUMBUS LONG COURSE P/F	26 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	27 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	28 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	29 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a OST v. TTS/TALL	30 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a	1 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 	26 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	27 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	28 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	29 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a OST v. TTS/TALL	30 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a 	1 Black Group 7:45 - 10:00 Dryland 10:00 - 11:00 Red Group 9:45 - 11:30 White Group 10:00 - 11:30
2 	3 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	4 HAPPY 4th NO PRACTICE 	5 Black Group 7:00 - 9:00a Dryland 9:00 - 10:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	6 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	7 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a Summer Swim 5:30 - 7:30p DISTRICT SWIMMERS ONLY	8 SES QUALIFER PRACTICE ARPA District
9 	10 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	11 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	12 Black Group 7:00 - 9:00a Red Group 9:00 - 10:30a White Group 4:30 - 6:00p Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	13 SES QUALIFER PRACTICE Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	14 SES Champs	15 SES Champs
16 SES Champs	17 NO USA PRACTICE Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	18 NON ARPA (USA) 8:00 - 10:00A Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	19 NON ARPA (USA) 8:00 - 10:00A Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	20 NON ARPA (USA) 8:00 - 10:00A Summer Swim 5:30 - 7:30p TIMES FOR EACH AGE GROUP TBD	21 ARPA State - BHAM	22 ARPA State - BHAM
23 	24 	25 	26 	27 	28 	29
30 	31 	1 	2 	3 	4 SUMMER BANQUET TBD BY WEATHER	5 SUMMER BANQUET TBD BY WEATHER