**National October 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | 1  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 2  **am OFF**  4:30-7:00pm UT | 3  6:30-9:00am UT  **Parent Meeting** 9:15am |
| 4 | 5  4:30-7:00pm UT | 6  5:30-7:30am UT  4:30-7:00pm UT | 7  6:00-7:30am UT (weights)  4:30-7:00pm UT | 8  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 9  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 10  7:30-10:00am UT |
| 11 | 12  **No Swimming**  **Thanksgiving** | 13  5:30-7:30am UT  4:30-7:00pm UT | 14  6:00-7:30am UT (weights)  4:30-7:00pm UT | 15  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 16  **Downtown Fall Sprint** | 17  **Downtown Fall Sprint** |
| 18 | 19  4:30-7:00pm UT | 20  5:30-7:30am UT  4:30-7:00pm UT | 21  6:00-7:30am UT (weights)  4:30-7:00pm UT | 22  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 23  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 24  7:30-10:00am UT |
| 25 | 26  4:30-7:00pm UT | 27  5:30-7:30am UT  4:30-7:00pm UT | 28  6:00-7:30am UT (weights)  4:30-7:00pm UT | 29  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 30  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 31  7:30-10:00am UT |