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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 31  5:30-7:30 am UT  5:00-7:00 pm UT | 1  5:00 -7:00pm UT | 2  6:00-7:30am UT (weights)  5:00-7:00pm UT | 3  4:00-6:00 pm UT | 4  **NYAC**  **CUP** | 5  **NYAC**  **CUP** |
| 6  **NYAC**  **CUP** | 7  OFF | 8  5:00 -7:00pm UT | 9  6:00-7:30am UT (weights)  5:00-7:00pm UT | 10  **AGI -800-1500**    **4-6pm UT** | 11  5:30-7:30 am UT  5:00-7:00 pm UT | 12  8:00-10:00 swim UT  10:30-12:00 dryland Knox |
| 13 | 14  5:30-7:30 am UT  **Boys: 5:30-7:30 pm Havergal**  **Girls: 5-7 pm UT** | 15  5:00 -7:00pm UT | 16  6:00-7:30am UT (weights)  5:00-7:00pm UT | 17  4:00-6:00 pm UT | 18  5:30-7:30 am UT  5:00-7:00 pm UT | 19  8:00-10:00UT  10:30-12:00 dryland Knox |
| 20 | 21  5:30-7:30 am UT  5:00-7:00 pm UT | 22  5:00 -7:00pm UT | 23  6:00-7:30am UT (weights)  5:00-7:00pm UT | 24  4:00-6:00 pm UT | 25  5:30-7:30 am UT  5:00-7:00 pm UT | 26  8:00-10:00 swim UT  10:30-12:00 dryland Knox |
| 27 | 28  5:30 –7:30 am UT  5:00 -7:00pm UT | 29  5:00-7:00pm UT | 30  5:00-7:00pm UT | 1  **YOUTH**  **CUP** | 2  **YOUTH**  **CUP** | 3  **YOUTH**  **CUP** |