

# June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 VHS 8:00am – 10:00am	15 VHS 8:00am – 10:00am	16 VHS 8:00am – 10:00am	17 VHS 8:00am – 10:00am	18 VHS 8:00am – 10:00am  NVST LC Meet “Fathers Day Frenzy Meet”	19 NVST LC Meet “Fathers Day Frenzy Meet”
20 NVST LC Meet “Fathers Day Frenzy Meet”	21 VHS 8:00am – 10:00am	22 VHS 8:00am – 10:00am	23 VHS 8:00am – 10:00am	24 VHS 8:00am – 10:00am	25 VHS <b>Friday Fun Day 8:30 – 10:00 ALL GROUPS</b>	26 WESTSIDE AQUADUCKS LC MEET
27 WESTSIDE AQUADUCKS LC MEET	28 VHS 8:00am – 10:00am	29 VHS 8:00am – 10:00am Emperor’s Group Goal Setting w/ Coach Katie @ 10am	30 VHS 8:00am – 10:00am Stroke Clinic #1 Freestyle (normal practice times all groups)	<b>Wine Country Aquatics of Napa – <a href="http://www.wcanswim.org">www.wcanswim.org</a></b> <b>Summer Practice Groups:</b> <u>Galapagos</u> : 8:30 – 9:30, <u>Royals</u> : 8:00 – 9:30 <u>Kings</u> : 8:00 – 9:30 <u>Emperors</u> : 8:00 – 10:00  VHS = Vintage High School Pool  Revised 6/8/10		

# July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Wine Country Aquatics of Napa – <a href="http://www.wcanswim.org">www.wcanswim.org</a></b> <b>Summer Practice Groups:</b> <u>Galapagos:</u> 8:30 – 9:30, <u>Royals:</u> 8:00 – 9:30 <u>Kings:</u> 8:00 – 9:30 <u>Emperors:</u> 8:00 – 10:00  VHS = Vintage High School Pool  Revised 6/8/10				1 VHS 9:00AM Team Pics – No Practice	2 VHS 8:00am – 10:00am	3
4	5 VHS 8:00am – 10:00am	6 VHS 8:00am – 10:00am	7 VHS 8:00am – 10:00am Stroke Clinic #2 – Butterfly (normal practice times all groups)	8 VHS 8:00am – 10:00am	9 VHS 8:00am – 10:00am  VJO LC Meet	10 VJO LC Meet
11 VJO LC Meet	12 VHS 8:00am – 10:00am	13 VHS 8:00am – 10:00am	14 VHS 8:00am – 10:00am Stroke Clinic #3 – Backstroke (normal practice times all groups)	15 VHS 8:00am – 10:00am  Adam Szmidt memorial LC JO Meet	16 VHS 8:00am – 10:00am  Adam Szmidt memorial LC JO Meet	17 Adam Szmidt memorial LC JO Meet
18 Adam Szmidt memorial LC JO Meet	19 VHS 8:00am – 10:00am	20 VHS 8:00am – 10:00am	21 VHS 8:00am – 10:00am	22 VHS 8:00am – 10:00am	23 VHS 8:00am – 10:00am	24
25	26 VHS 8:00am – 10:00am	27 VHS 8:00am – 10:00am	28 VHS 8:00am – 10:00am Stroke Clinic #4 Breaststroke (normal practice times)	29 VHS 8:00am – 10:00am	30 VHS Friday Fun Day 8:30 – 10:00 ALL GROUPS	31

# August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 VHS 8:00am – 10:00am	3 VHS 8:00am – 10:00am	4 VHS 8:00am – 10:00am Stroke Clinic #5 – Stars, Turns, Relays (normal practice times all groups)	5 VHS SPIRIT DAY Practice 8:30 – 10:00 all groups	6 VHS 8:00am – 10:00am  REAL LEAGUE CHAMPS	7 REAL LEAGUE CHAMPS
8 REAL LEAGUE CHAMPS	9 WCAN Summer Break – No Practice	10 WCAN Summer Break – No Practice	11 WCAN Summer Break – No Practice	12 WCAN Summer Break – No Practice	13 WCAN Summer Break – No Practice	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><b>Wine Country Aquatics of Napa – <a href="http://www.wcanswim.org">www.wcanswim.org</a></b>  <b>Summer Practice Groups:</b> <u>Galapagos</u>: 8:30 – 9:30, <u>Royals</u>: 8:00 – 9:30  <u>Kings</u>: 8:00 – 9:30 <u>Emperors</u>: 8:00 – 10:00</p> <p>VHS = Vintage High School Pool  Revised 6/8/10</p>			

