

July										2026	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
28	29	30	1	2	3	4					
	Seniors: 4:15p-6:15p JR: 4:15-6p Age Group 4:15p-5:45p	Seniors: 7a-9a JR: 7:15a-9a AG 7:30a-9a	Seniors: 4:15p-6:15p JR: 4:15-6p Age Group 4:15p-5:45p	Seniors: 7a-9a JR: 7:15a-9a AG 7:30a-9a	SR & Juniors: 4:15-6:15	SR: 7a-9a AG/JR 7:15a- 9a					
5	6	7	8	9	10	11					
	Seniors: 4:15p-6:15p JR: 4:15-6p Age Group 4:15p-5:45p	Seniors: 7a-9a JR: 7:15a-9a AG 7:30a-9a	Seniors: 4:15p-6:15p JR: 4:15-6p Age Group 4:15p-5:45p	Seniors: 7a-9a JR: 7:15a-9a AG 7:30a-9a	No Practice ENSWORTH MEET	No Practice ENSWORTH MEET					
12	13	14	15	16	17	18					
No Practice ENSWORTH MEET	Seniors: 4:15p-6:15p JR: 4:15-6p Age Group 4:15p-5:45p	Seniors: 7a-9a JR: 7:15a-9a AG 7:30a-9a	Seniors: 4:15p-6:15p JR: 4:15-6p Age Group 4:15p-5:45p	Seniors: 7a-9a JR: 7:15a-9a AG 7:30a-9a	No Practice US Championships	No Practice US Championship					
21	22	23	24	25	26	27					
	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break					
28	29	30	1	2	3	4					
	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break	NO PRACTICE 3 week Break					

**** COME ON YOUR SCHEDULED DAYS** MAKEUPS ARE SATURDAY MORNING****

All swimmers are HIGHLY ENCOURAGED to do IMX for each season: <https://www.usaswimming.org/times/imx-imr>
They will have the chance to complete these at the swim meets throughout the Short Course and Long Course seasons!

