

BRONZE 1: TUES. THU. 4:30-5:30, SAT. 8:00 - 9:00  
 BRONZE 2: TUES. THU. 5:30-6:30, SAT. 9:00 - 10:00  
 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

GOLD1: MON. - FRI. 3:00 - 5:00, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 5:00 - 5:45

June 2017  
 CAPE AQUATICS SWIM CLUB

SILVER: MON. - FRI. 5:00 - 6:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 LEAGUE OPENER @ DeLeon	4
5	6 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	7	8 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	9 GCST FGCU, FT. MYERS, FL NO PRACTICE	10 GCST FGCU, FT. MYERS, FL NO PRACTICE	11 GCST FGCU, FT. MYERS, FL NO PRACTICE
12	13 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	14	15 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	16	17 9:00 AM LEAGUE MEET @ Cypress Lake	18
19	20 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	21	22 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	23	24 9:00 AM LEAGUE MEET @ Cypress Lake	25
26	27 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	28	29 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	30 ST. PETE AQUATICS NO PRACTICE		

BRONZE 1: TUES. THU. 4:30-5:30, SAT. 8:00 - 9:00  
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 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

GOLD1: MON. - FRI. 3:00 - 5:00, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 5:00 - 5:45

July 2017  
 CAPE AQUATICS SWIM CLUB

SILVER: MON. - FRI. 5:00 - 6:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 					1	2
					ST. PETE AQUATICS NO PRACTICE	ST. PETE AQUATICS NO PRACTICE 12:00 AM
<b>*QUALIFIED SWIMMERS ONLY</b>						
3	4 6:00 AM GOLD ...  8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	5	6 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ... SZSS*...	7 SZSS* Orlando, FI	8 SZSS* Orlando, FI 9:00 AM LEAGUE MEET @ Cypress Lake	9 SZSS* Orlando, FI
10	11 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	12	13 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ... FLORIDA AGE GROUP ...	14 FLORIDA AGE GROUP CHAMPS* Sarasota, FL	15 FLORIDA AGE GROUP CHAMPS* Sarasota, FL	16 FLORIDA AGE GROUP CHAMPS* Sarasota, FL
17	18 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	19	20 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ... FLORIDA SENIOR ...	21 FLORIDA SENIOR CHAMPS* Fort Pierce, FL	22 FLORIDA SENIOR CHAMPS* Fort Pierce, FL 9:00 AM LEAGUE MEET @ Cypress Lake	23 FLORIDA SENIOR CHAMPS* Fort Pierce, FL
24	25 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	26	27 6:00 AM GOLD ... 8:00 AM SILVER ... 3:00 PM GOLD ... 5:00 PM SILVER ...	28	29 9:00 AM Car Wash @ Advance Auto	30
31	1ST DAY OF H.S. PRACTICES					

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 BRONZE 2: TUES. THU. 5:30-6:30, SAT. 9:00 - 10:00  
 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

August 2017  
**CAPE AQUATICS SWIM CLUB**

GOLD1: MON. - FRI. 2:30 - 4:30, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 4:30 - 5:30  
 GOLD2: MON. - FRI. 4:30 - 5:30, SAT. 8:00 - 10:00  
 DRYLAND: MON. WED. FRI. 6:30 - 7:30  
 SILVER: MON. - FRI. 6:30 - 7:30

**\*QUALIFIED SWIMMERS ONLY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 SZ AGE GROUP CHAMPS* Tupelo, MS	2 SZ AGE GROUP CHAMPS* Tupelo, MS	3 SZ AGE GROUP CHAMPS* Tupelo, MS	4 SZ AGE GROUP CHAMPS* Tupelo, MS	5 SZ AGE GROUP CHAMPS* Tupelo, MS	6
7	8 SUMMER JUNIOR NATIONALS* LONG ISLAND, NY	9 SUMMER JUNIOR NATIONALS* LONG ISLAND, NY	10 SUMMER JUNIOR NATIONALS* LONG ISLAND, NY	11 SUMMER JUNIOR NATIONALS* LONG ISLAND, NY	12 SUMMER JUNIOR NATIONALS* LONG ISLAND, NY	13
14	15	16	17	18	19 LEAGUE CHAMPIONSHIPS @ DeLeon 9:00 AM Car Wash @ Advance Auto	20
21 FIRST WEEK OF H.S. COMPETITION	22	23	24 NO PRACTICE CAPE H.S. SWIM MEET	25	26	27
28	29 NO PRACTICE CAPE H.S. SWIM MEET	30	31	  Cape Aquatics Swim Club		

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 BRONZE 2: TUES. THU. 5:30-6:30, SAT. 9:00 - 10:00  
 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

September 2017  
 CAPE AQUATICS SWIM CLUB

GOLD1: MON. - FRI. 2:30 - 4:30, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 4:30 - 5:30  
 GOLD2: MON. - FRI. 4:30 - 5:30, SAT. 8:00 - 10:00  
 DRYLAND: MON. WED. FRI. 6:30 - 7:30  
 SILVER: MON. - FRI. 6:30 - 7:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 <i>NO PRACTICE CAPE H.S. SWIM MEET</i>	7 <i>NO PRACTICE CAPE H.S. SWIM MEET</i>	8	9 <i>H.S. SHARK RELAYS IN NAPLES</i>	10
11	12	13	14	15	16	17
18	19	20	21	22 <i>WINTER HAVEN NO PRACTICE</i>	23 <i>WINTER HAVEN NO PRACTICE FSPA HIGH SCHOOL MEET GCST F.G.C.U, FORT MYERS NO PRACTICE</i>	24 <i>WINTER HAVEN NO PRACTICE 12:00 AM GCST F.G.C.U, FORT MYERS NO PRACTICE</i>
25	26	27 <i>NO PRACTICE CAPE H.S. SWIM MEET</i>	28	29	30 <i>9:00 AM Fund Raiser @ Publix: CC Pky &amp; Santa Barbara</i>	



BRONZE 1: TUES. THU. 4:30-5:30, SAT. 8:00 - 9:00  
 BRONZE 2: TUES. THU. 5:30-6:30, SAT. 9:00 - 10:00  
 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

October 2017  
 CAPE AQUATICS SWIM CLUB

GOLD1: MON. - FRI. 2:30 - 4:30, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 4:30 - 5:30  
 GOLD2: MON. - FRI. 4:30 - 5:30, SAT. 8:00 - 10:00  
 DRYLAND: MON. WED. FRI. 6:30 - 7:30  
 SILVER: MON. - FRI. 6:30 - 7:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 <i>NO PRACTICE CAPE H.S. SWIM MEET</i>	4	5	6	7	8
9	10	11	12	13	14	15
16 <i>H.S. DISTRICTS THIS WEEK TBA</i>	17	18	19	20 <i>WFLA LARGO, FL NO PRACTICE</i>	21 <i>WFLA LARGO, FL NO PRACTICE</i>	22 <i>WFLA LARGO, FL NO PRACTICE</i>
23 <i>H.S. REGIONS THIS WEEK TBA</i>	24	25	26	27	28	29
30	31					

BRONZE 1: TUES. THU. 4:30-5:30, SAT. 8:00 - 9:00  
 BRONZE 2: TUES. THU. 5:30-6:30, SAT. 9:00 - 10:00  
 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

November 2017  
 CAPE AQUATICS SWIM CLUB

GOLD1: MON. - FRI. 2:30 - 4:30, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 4:30 - 5:30  
 GOLD2: MON. - FRI. 4:30 - 5:30, SAT. 8:00 - 10:00  
 DRYLAND: MON. WED. FRI. 6:30 - 7:30  
 SILVER: MON. - FRI. 6:30 - 7:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 <i>2-A H.S. STATES IN STUART, FL</i>	4 <i>1-A H.S. STATES IN STUART, FL</i>	5
6	7	8	9	10	11	12
13	14	15	16	17 <i>YCF ORLANDO, FL NO PRACTICE</i>	18 <i>YCF ORLANDO, FL NO PRACTICE</i>	19 <i>YCF ORLANDO, FL NO PRACTICE</i>
20	21	22	23  <i>THANKSGIVING NO PRACTICE</i>	24 <i>NO PRACTICE</i>	25	26
27	28	29	30			

BRONZE 1: TUES. THU. 4:30-5:30, SAT. 8:00 - 9:00  
 BRONZE 2: TUES. THU. 5:30-6:30, SAT. 9:00 - 10:00  
 BRONZE 3: MON. WED. THU. 4:30 - 5:30  
 BRONZE 4: MON. WED. THU. 5:30 - 6:30

December 2017  
 CAPE AQUATICS SWIM CLUB

GOLD1: MON. - FRI. 2:30 - 4:30, SAT. 8:00 - 10:00  
 DRYLAND MON. WED. FRI. 4:30 - 5:30  
 GOLD2: MON. - FRI. 4:30 - 5:30, SAT. 8:00 - 10:00  
 DRYLAND: MON. WED. FRI. 6:30 - 7:30  
 SILVER: MON. - FRI. 6:30 - 7:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8 <i>CLEARWATER MEET NO PRACTICE</i>	9 <i>CLEARWATER MEET NO PRACTICE</i>	10 <i>CLEARWATER MEET NO PRACTICE 12:00 AM</i>
11	12	13	14	15	16	17
18	19	20	21	22	23 <i>NO PRACTICE MERRY CHRISTMAS!</i>	24 <i>NO PRACTICE MERRY CHRISTMAS!</i>
25  <i>NO PRACTICE MERRY CHRISTMAS!</i>	26 <i>NO PRACTICE MERRY CHRISTMAS!</i>	27 <i>GOLD 7~9 MORNING PRACTICE</i>	28 <i>GOLD 7~9 MORNING PRACTICE</i>	29 <i>GOLD 7~9 MORNING PRACTICE 12:00 AM</i>	30	31