

West Express Swim Team –**Age Group** – **November** Practice Schedule Updated 11/7
 Dryland at CMSE Tuesday / Thursday 5:35 – 6:30 pm (Cost is \$15 per session – have to sign up)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 26	October 27 PRMS OR CMSE 7:00 – 8:00 am CMSE 7:00 – 8:15 pm	28 PRMS or CMSE 7:00 – 8:00 am CMSE 6:50 – 8:15 pm Dryland 5:35 – 6:30 pm	29 PRMS or CMSE 7:00 – 8:00 am CMSE 7:00 – 8:15 pm	30 PRMS or CMSE 7:00 – 8:00 am No Dryland or Evening Practices Conferences @ CMSE	31 No Morning Group No Evening Practice Happy Halloween!	November 1 CMSE 8:00 – 9:30 am
2	3 PRMS OR CMSE 7:00 – 8:00 am CMSE 7:00 – 8:15 pm	4 PRMS or CMSE 7:00 – 8:00 am CMSE 6:50 – 8:15 pm Dryland 5:35 – 6:30 pm	5 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	6 PRMS or CMSE 7:00 – 8:00 am CMSE 6:50 – 8:15 pm Dryland 5:35 – 6:30 pm	7 No Morning Group CMSE 5:00 – 6:30 pm	8 WEST Express Home Meet
9 WEST Express Home Meet	10 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	11 PRMS or CMSE 7:00 – 8:00 am CMSE 6:50 – 8:15 pm Dryland 5:35 – 6:30 pm	12 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	13 PRMS or CMSE 7:00 – 8:00 am CMSE 6:50 – 8:15 pm Dryland 5:35 – 6:30 pm	14 No Morning Group CMSE 5:00 – 6:30 pm	15 PRMS 9:30 – 11:00 am
16	17 PRMS or CMSE 7:00 – 8:00 am PRMS 5:30 – 7:00 pm	18 PRMS or CMSE 7:00 – 8:00 am PRMS 5:30 – 7:00 pm	19 PRMS or CMSE 7:00 – 8:00 am PRMS 5:30 – 7:00 pm	20 PRMS or CMSE 7:00 – 8:00 am PRMS 5:30 – 7:00 pm	21 No Morning Group CMSE 5:00 – 6:00 pm Resting for Storm Meet	22 No Practice Storm Meet
23 Storm Meet	24 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	25 PRMS or CMSE 7:00 – 8:00 am PRMS 6:00 – 7:30 pm	26 No School / No Morning Practices PRMS 9:00 – 10:30 am	27 Happy Thanksgiving!	28 Thanksgiving Break No Practices	29 Clinic with Jack Dahlgren at PRMS 12:00 – 2:30