

October 2009

GASD

Aquatics Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|-------------------------------|---|
| | | | | 1 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 2 Varsity @ Schenectady | 3 Varsity @ Skidmore/Dive Meet |
| 4 | 5 6-7:30 am—Lap Swim Home vs. Ravena | 6 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 7 6-7:30 am—Lap Swim Varsity @ Albany | 8 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 9 3-5 pm—Varsity practice | 10 |
| 11 | 12 6-7:30 am—Lap Swim 3-5 pm—Varsity practice | 13 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 14 6-7:30 am—Lap Swim Home vs. Albany Academy | 15 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 16 Varsity @ Troy | 17 Varsity @ Shen/Dive Meet |
| 18 | 19 6-7:30 am—Lap Swim Home vs. Gloversville | 20 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 21 6-7:30 am—Lap Swim Home vs. Emma Willard | 22 6-7:30 am—Lap Swim 3-5 pm—Varsity practice 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 23 3-5 pm—Varsity practice | 24 Varsity @ Mohonasen/ Dive Meet |
| 25 | 26 6-7:30 am—Lap Swim | 27 6-7:30 am—Lap Swim 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 28 6-7:30 am—Lap Swim | 29 6-7:30 am—Lap Swim 5:15-6 pm - Swim Lesson 6-7 pm—Aqua Aerobics 7-8:30 pm—Family Swim | 30 | 31 |

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