



LIGHTNING

JULY

	1	2	3	4	5	6
Swim Club NO PRACTICE	PRACTICE <u>AM-group time</u> 5:00 - 6:30 pm PICTURES	PRACTICE AM-group time EVENING 5:00 6:30 pm Practice Or "PICTURE" RAIN "DAY"	PRACTICE <u>morning only</u> AFTERNOON Meet: Mt Prospect at Lincolnwood	HOLIDAY NO PRACTICE 4th of July	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	Intersquad Meet 7 to 10 AM
7	8	9	10	11	12	13
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	SHORTCOURSE PRACTICE <u>morning only</u> AFTERNOON Meet: River Trails at Lincolnwood	NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	NO PRACTICE
14	15	16	17	18	19	20
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE <u>morning only</u> AFTERNOON Meet: Buffalo Grove at Lincolnwood	NO MORNING PRACTICE EVENING ONLY 5:00 - 6:30 PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	Intersquad Meet 7 to 10 AM
21	22	23	24	25	26	27
NO PRACTICE	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	PRACTICE <u>AM-group time</u> PM-all groups 5:00-6:30PM	AFTERNOON Meet: W/U 1pm 3pm start "A" Division Championship TBA	NO PRACTICE	NO PRACTICE Water Park JULY 26th	NO PRACTICE
28	29	30	31			
JULY 28th BBQ at Lincolnwood Pool 7:00pm						