

# 2010 Summer Schedule

		morning		afternoon	
Sat May 29	Level II	7:00 - 8:45	Spring Hill	---	
	Level III	6:30 - 8:45	Spring Hill	---	
	Level IV	6:15 - 8:45	Spring Hill	---	
Sun May 30	Level II	7:30 - 9:30	Wakefield Rec	---	
	Level III	7:00 - 9:30	Wakefield Rec	---	
	Level IV	7:00 - 9:45	Wakefield Rec	---	
Mon May 31	Level II	9:30 - 12:00	George Mason	---	
	Level III	9:00 - 12:00	George Mason	---	
	Level IV	9:00 - 12:00	George Mason	---	
Tue June 1	Level I	---		4:00 - 5:00	Spring Hill
	Level II	---		5:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Wed June 2	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	& 5:00 - 6:00	Spring Hill
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Thurs June 3	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Fri June 4	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	& 5:00 - 6:00	Spring Hill
	Level III	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:00	Spring Hill
	Level IV	4:45 - 6:20	Wakefield Rec	---	
Sat June 5	Level II	7:00 - 8:45	Spring Hill	---	
	Level III	6:30 - 8:45	Spring Hill	---	
	Level IV	6:15 - 8:45	Spring Hill	---	
Sun June 6	Level II	7:30 - 9:30	Wakefield Rec	---	
	Level III	7:00 - 9:30	Wakefield Rec	---	
	Level IV	7:00 - 9:45	Wakefield Rec	---	
Mon June 7	Level I	---		4:30 - 6:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	---	
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Tue June 8	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Wed June 9	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	& 5:00 - 6:00	Spring Hill
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Thu June 10	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Fri June 11	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	---	
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:00	Spring Hill

Saturday, June 12  
 Sunday, June 13

Swim Like a Fish LC Invitational  
 at George Mason

# 2010 Summer Schedule

		morning		afternoon	
Mon June 14	Level I	---		4:30 - 6:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	---	
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Tue June 15	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Wed June 16	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	& 5:00 - 6:00	Spring Hill
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Thu June 17	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Fri June 18	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	---	
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:00	Spring Hill
Sun June 20	Level II	7:30 - 9:30	Wakefield Rec	---	
	Level III	7:00 - 9:30	Wakefield Rec	---	
	Level IV	7:00 - 9:45	Wakefield Rec	---	
Mon June 21	Level I	---		4:30 - 6:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	---	
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Tue June 22	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Wed June 23	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	& 5:00 - 6:00	Spring Hill
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:30	Spring Hill
Thu June 24	Level III	---		4:00 - 6:00	Spring Hill
	Level IV	---		4:00 - 6:30	Spring Hill
Fri June 25	Level I	---		4:00 - 5:00	Spring Hill
	Level II	4:45 - 6:20	Wakefield Rec	---	
	Level III	4:45 - 6:20	Wakefield Rec	---	
	Level IV	4:45 - 6:20	Wakefield Rec	& 4:00 - 6:00	Spring Hill
Sun June 27	Level II	8:15 - 10:00	Lake Newport	---	
	Level III	8:00 - 10:30	Lake Newport	---	
	Level IV	7:45 - 10:30	Lake Newport	---	

# 2010 Summer Schedule

		morning		afternoon	
Mon June 28	Level I	---		5:00 - 6:00 Glade	
	Level II	6:30 - 8:00	Lake Newport	---	
	Level III	6:00 - 8:00	Lake Newport	&	6:00 - 7:00 Glade
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Glade
Tue June 29	Level I	---		5:00 - 6:00 Hunters Woods.	
	Level II	---		6:00 - 7:00 Hunters Woods	
	Level III	6:00 - 8:00	Lake Newport	---	
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Hunters Woods
Wed June 30	Level I	---		6:00 - 7:00 Autumnwood	
	Level II	6:30 - 8:00	Lake Newport	&	5:00 - 6:00 Autumnwood
	Level III	6:00 - 8:00	Lake Newport	&	5:00 - 7:00 Autumnwood
	Level IV	5:45 - 8:00	Lake Newport	---	
Wednesday, June 30		Awesome Beach Trip (raindate – Tuesday, June 29)			
Thu July 1	Level I	---		5:00 - 6:00 Ridge Heights	
	Level II	---		6:00 - 7:00 Ridge Heights	
	Level III	6:00 - 8:00	Lake Newport	---	
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Ridge Heights
Fri July 2	Level I	---		5:00 - 6:00 Lake Audobon	
	Level II	6:30 - 8:00	Lake Newport	---	
	Level III	6:00 - 8:00	Lake Newport	&	6:00 - 7:00 Lake Audobon
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Lake Audobon
Sun July 4	Level II	7:30 - 9:30	Wakefield Rec	---	
	Level III	7:00 - 9:30	Wakefield Rec	---	
	Level IV	7:00 - 9:45	Wakefield Rec	---	
Mon July 5	Level I	---		5:00 - 6:00 Glade	
	Level II	6:30 - 8:00	Lake Newport	---	
	Level III	6:00 - 8:00	Lake Newport	&	6:00 - 7:00 Glade
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Glade
Tue July 6	Level I	---		5:00 - 6:00 Hunters Woods.	
	Level II	---		6:00 - 7:00 Hunters Woods	
	Level III	6:00 - 8:00	Lake Newport	---	
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Hunters Woods
Wed July 7	Level I	---		6:00 - 7:00 Autumnwood	
	Level II	6:30 - 8:00	Lake Newport	&	5:00 - 6:00 Autumnwood
	Level III	6:00 - 8:00	Lake Newport	&	5:00 - 7:00 Autumnwood
	Level IV	5:45 - 8:00	Lake Newport	---	
Thu July 8	Level I	---		5:00 - 6:00 Ridge Heights	
	Level II	---		6:00 - 7:00 Ridge Heights	
	Level III	6:00 - 8:00	Lake Newport	---	
	Level IV	5:45 - 8:00	Lake Newport	&	5:00 - 7:00 Ridge Heights
Fri July 9	Level I	---		6:00 - 7:00 Lake Audobon	
	Level II	6:30 - 8:00	Lake Newport	&	5:00 - 6:00 Lake Audobon
	Level III	6:00 - 8:00	Lake Newport	&	5:00 - 7:00 Lake Audobon
	Level IV	5:45 - 8:00	Lake Newport	---	
Sun July 11	Level II	8:15 - 10:00	Lake Newport	---	

# 2010 Summer Schedule

	Level III	8:00 - 10:30	Lake Newport	---
	Level IV	7:45 - 10:30	Lake Newport	---
		morning		afternoon
Mon July 12	Level I	---		5:00 - 6:00 Glade
	Level II	6:30 - 8:00	Lake Newport	---
	Level III	6:00 - 8:00	Lake Newport	& 6:00 - 7:00 Glade
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00 Glade
Tue July 13	Level I	---		5:00 - 6:00 Hunters Woods.
	Level II	---		6:00 - 7:00 Hunters Woods
	Level III	6:00 - 8:00	Lake Newport	---
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00 Hunters Woods
Wed July 14	Level I	---		6:00 - 7:00 Autumnwood
	Level II	6:30 - 8:00	Lake Newport	& 5:00 - 6:00 Autumnwood
	Level III	6:00 - 8:00	Lake Newport	& 5:00 - 7:00 Autumnwood
	Level IV	5:45 - 8:00	Lake Newport	---
Thu July 15	Level I	---		5:00 - 6:00 Ridge Heights
	Level II	---		6:00 - 7:00 Ridge Heights
	Level III	6:00 - 8:00	Lake Newport	& 5:00 - 7:00 Ridge Heights
	Level IV	5:45 - 8:00	Lake Newport	
Fri July 16	Level I	---		6:00 - 7:00 Lake Audobon
	Level II	6:30 - 8:00	Lake Newport	& 5:00 - 6:00 Lake Audobon
	Level III	6:00 - 8:00	Lake Newport	& 5:00 - 7:00 Lake Audobon
Sun July 18	Level II	8:15 - 10:00	Lake Newport	---
	Level III	8:00 - 10:30	Lake Newport	---
Mon July 19	Level I	---		5:00 - 6:00 Glade
	Level II	6:30 - 8:00	Lake Newport	---
	Level III	6:00 - 8:00	Lake Newport	& 6:00 - 7:00 Glade
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00 Glade
Tue July 20	Level I	---		5:00 - 6:00 Hunters Woods.
	Level II	---		6:00 - 7:00 Hunters Woods
	Level III	6:00 - 8:00	Lake Newport	---
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00 Hunters Woods
Wed July 21	Level I	---		6:00 - 7:00 Autumnwood
	Level II	6:30 - 8:00	Lake Newport	& 5:00 - 6:00 Autumnwood
	Level III	6:00 - 8:00	Lake Newport	& 5:00 - 7:00 Autumnwood
	Level IV	5:45 - 8:00	Lake Newport	---
Thu July 22	Level I	---		5:00 - 6:00 Ridge Heights
	Level II	---		6:00 - 7:00 Ridge Heights
	Level III	6:00 - 8:00	Lake Newport	& 6:00 - 7:00 Ridge Heights
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00 Ridge Heights
Fri July 23	Level I	---		6:00 - 7:00 Lake Audobon
	Level II	6:30 - 8:00	Lake Newport	---
	Level III	6:00 - 8:00	Lake Newport	& 5:00 - 6:00 Lake Audobon
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00 Lake Audobon
Sun July 25	Level III	8:00 - 10:30	Lake Newport	---
	Level IV	7:45 - 10:30	Lake Newport	---

# 2010 Summer Schedule

		morning		afternoon	
Mon July 26	Level I	---		5:00 - 6:00	Glade
	Level II	6:30 - 8:00	Lake Newport	---	
	Level III	6:00 - 8:00	Lake Newport	& 6:00 - 7:00	Glade
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00	Glade
Tue July 27	Level I	---		5:00 - 6:00	Hunters Woods.
	Level II	---		6:00 - 7:00	Hunters Woods
	Level III	6:00 - 8:00	Lake Newport	---	
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00	Hunters Woods
Wed July 28	Level I	---		6:00 - 7:00	Autumnwood
	Level II	6:30 - 8:00	Lake Newport	& 5:00 - 6:00	Autumnwood
	Level III	6:00 - 8:00	Lake Newport	& 5:00 - 7:00	Autumnwood
	Level IV	5:45 - 8:00	Lake Newport	---	
Thu July 29	Level I	---		5:00 - 6:00	Ridge Heights
	Level II	---		6:00 - 7:00	Ridge Heights
	Level III	6:00 - 8:00	Lake Newport	---	
	Level IV	5:45 - 8:00	Lake Newport	& 5:00 - 7:00	Ridge Heights
Fri July 30	Level I	---		6:00 - 7:00	Lake Audobon
	Level II	6:30 - 8:00	Lake Newport	5:00 - 6:00	Lake Audobon
	Level III	6:00 - 8:00	Lake Newport	5:00 - 7:00	Lake Audobon
	Level IV	5:45 - 8:00	Lake Newport	---	
Sun August 1		Lake Newport	8:00 a.m. - 10:30 a.m.		
Mon August 2		Lake Newport	7:00 a.m. - 9:15 a.m.		
Tue August 3		Lake Newport	7:00 a.m. - 9:15 a.m.		
Wed August 4		Lake Newport	7:00 a.m. - 9:15 a.m.		
Thu August 5		Lake Newport	7:00 a.m. - 9:15 a.m.		
Fri August 6		Lake Newport	7:00 a.m. - 9:15 a.m.		
Sun August 8		Lake Newport	8:00 a.m. - 10:30 a.m.		
Mon August 9		Lake Newport	7:00 a.m. - 9:15 a.m.		
Tue August 10		Lake Newport	7:00 a.m. - 9:15 a.m.		