



JANUARY FLIGHT SCHEDULE

LIVERPOOL JETS SWIM CLUB



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 Sr/Jr 6:30-8:30p AG2 7:30-8:45p AG1 6:30-7:30p	5 Sr/Jr 6:30-8:30p AG2 6:30-8p	6 Sr/Jr 3:20-5p AG1 6:30-8p <i>Var @ Bville 5p</i>	7 Sr/Jr(DL) 5:30-7:30p AG1 6:30-7:30p	8 Sr/Jr 6:30-8p AG2 6:30-8p	9 Sr/Jr 10am-Noon AG2 9:30-11a AG1 8-9:30a <i>Var v Watertown 1pm</i>
10	11 Sr/Jr 6:15-8p AG2(DL) 7:15-8:45p DevB 6:15-7p DevO 7-7:45p	12 Sr/Jr 6:15-8p AG1(DL) 7:15-8:45p DevB 6:15-7p DevO 7-7:45p	13 Sr/Jr 7-8:45p AG2 7-8:30p <i>Var v FM 5p</i>	14 Sr/Jr(DL) 5:30-7:30p AG1 6:30-7:30p	15 Sr/Jr 6:15-8p AG2 7:30-8:45p AG1 6:15-7:30p	16 AG 10-11:30a Dev 11:30-12:30p <i>Senior JO's Webster, NY</i>
17 Niagara Senior Junior Olympics Webster Aquatic Center - Rochester	18 MLK Day Sr/Jr 8-10a AG2 8-10a	19 Sr/Jr 6:15-8p AG1(DL) 7:15-8:45p DevB 6:15-7p DevO 7-7:45p	20 Sr/Jr 6:15-8p AG2(DL) 7:15-8:45p DevB 6:15-7p DevO 7-7:45p	21 Sr/Jr 3:00-4:15p AG1 6:30-7:30p <i>Var @ Nott 5p Mod v Nott 5p</i>	22 Sr/Jr 6:15-8p AG2 7:30-8:45p AG1 6:15-7:30p	23 Sr/Jr 12-2p AG 10-11:30a Dev 11:30-12:30p
24 Skaneateles Swim Meet SKAN YMCA	25 Sr/Jr 6:15-8p AG2(DL) 7:15-8:45p DevB 6:15-7p DevO 7-7:45p	26 Sr/Jr 6:15-8p AG1(DL) 7:15-8:45p DevB 6:15-7p DevO 7-7:45p	27 Sr/Jr 7-8:45p AG2 7-8:30p <i>Var v J-D 5p Mod @ J-D 5p</i>	28 Sr/Jr(DL) 5:30-7:30p AG1 6:30-7:30p	29 Sr/Jr 6:15-8p AG2 7:30-8:45p AG1 6:15-7:30p	30 Sr/Jr 12-2p AG 10-11:30a Dev 11:30-12:30p

1/15 Suit Orders Due in Champagne Family Folder. Please do not delay and miss the deadline!

1/16-17 Niagara District Senior Meet - Webster Aquatic Center - Rochester, NY. Congratulations to those who have qualified.

1/24 Skaneateles Swim Meet - Skaneateles YMCA.

**Reminder* Don't forget to bring your water bottles to practice. It is very important for athletes to hydrate before, during and after their work-outs if they are looking to perform at their best!*

