

Nittany Lion Aquatic Club

August - September 2010 Training and Meet Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NLAC FALL SWIM SESSION 30 August 2010 through 14 November 2010	AUG 30 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 Fall Swm Session Starts Today @ PSU	AUG 31 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 1 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 2 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 3 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 4 No Practice Today PSU Football Game
SEPT 5 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	SEPT 6 No Practice Today Labor Day	SEPT 7 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 8 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 9 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 10 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 11 Senior 10:00-12:00 Jr Blue 10:00-11:45 Junior 10:00-11:30 Nov Blue 10:00-11:00 @ PSU
SEPT 12 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	SEPT 13 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 14 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 15 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 16 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 17 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 18 Senior 9:00-11:00 Jr Blue 9:00-10:45 Junior 10:45-12:00 Nov Blue 11:00-12:00 @ SCAHS
SEPT 19 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	SEPT 20 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 21 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 22 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 23 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 24 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 25 Senior 9:00-11:00 Jr Blue 9:00-10:45 Junior 10:45-12:00 Nov Blue 11:00-12:00 @ SCAHS
SEPT 26 Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	SEPT 27 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 28 Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	SEPT 29 Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	SEPT 30 Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU		
<i>We are</i>		Tentative October through December 2010 Meet Schedule			<i>Swimming as Members of</i>	
		WSY Fall Invitational at Cumberland Valley HS October 2-3	Wmsport Halloween Invite at Williamsport HS late October			
		MA Fall Classic Senior Meet at TBD October 23-24	NLAC Fall Kick-Off Meet at Penn State November 12-14			