




Nittany Lion Aquatic Club November 2010 Training and Meet Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	Senior 9:00-11:00 Jr Blue 9:00-10:45 Junior 10:45-12:00 Nov Blue 11:00-12:00 @ SCAHS
7	8	9	10	11	12	13
Nov Blue 12:00-1:00 Novice 12:00-1:00 @ PSU	Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	Senior 6:30-8:30 Jr Blue 6:30-8:15 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	Senior 6:30-8:30 Jr Blue 6:30-8:15 Junior 6:30-8:00 @ PSU	Senior 6:30-8:30 Nov Blue 6:30-7:30 Novice 6:30-7:30 @ PSU	NLAC Fall Kick-Off Meet at Penn State	NLAC Fall Kick-Off Meet at Penn State
14	15	16	17	18	19	20
NLAC Fall Kick-Off Meet at Penn State Fall Swim Session Ends Today	Winter Swim Session Starts Today					
21	22	23	24	25	26	27
28	29	30	31			
<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	Wmsprt 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			