



**January 2012**

**Heartland Swimming Association Ramona**

Schedule of Events:

- Practice at the Country Club Pool resumes on January 2
- Practice Schedule as follows,
  - 🏊 Senior Team: 3:00-6:00 p.m.
  - 🏊 Senior Development: 3:00-5:00 p.m.
  - 🏊 Gold Team: 4:30-6:00 p.m.
  - 🏊 Jr. Gold Team: 5:00-6:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun.
2) <b>Back to practice! See you there!</b>	3)	4)	5)	6)	7/8)
9)	10) HSA Board Meeting @ Grossmont High School 7:00 p.m.	11)	12) Entries due for the HSA 12 & Over NTS	13)	14/15) FAST B/C Meet @ Fallbrook HS
16)	17)	18)	19)	20)	21/22) All Star Tri-Meet
23)	24)	25)	26) Entries Due for SBA 12/Under A/B/C South	27)	28/29) HSA 12 & Over NTS @ ECVHS
30)	31)				