

Jr. Gold Monthly Schedule

Heartland office: HSA@heartlandswim.org www.heartlandswim.org

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Happy Christmas!	26 No Practice	27 7:30-9 AM	28 7:30-9 AM	29 7:30-9 AM Fallbrook Entries Due	30 No Practice	31
1 2012 January Happy New Year!	2 5:30-7 PM	3 5:30-7 PM	4 No Practice	5 5:30-7 PM	6 5:30-7 PM	7
8	9 5:30-7 PM JR. GOLD PARENT MEETING!	10 5:30-7 PM	11 No Practice	12 5:30-7 PM	13 5:30-7 PM	14 Fallbrook B/C
15 Fallbrook B/C	16 5:30-7 PM	17 5:30-7 PM	18 No Practice	19 5:30-7 PM	20 5:30-7 PM	21
22 Next weekend - HSA Meet! Please volunteer and donate!	23 5:30-7 PM	24 5:30-7 PM	25 No Practice	26 5:30-7 PM SBA Entries Due	27 5:30-7 PM	28 HSA 12 & Over NTS
29 HSA 12 & Over NTS	30 5:30-7 PM	31 5:30-7 PM	Feb. 1 No Practice	2 5:30-7 PM	3 5:30-7 PM	4 Feb Meets: 10-12: SBA ABC 24-26: SDI SC JO

All practices are held at El Cajon Valley High School unless otherwise noted. All practices are subject to change. Questions? Email coach Steena at heartlandjrGold@gmail.com