

# JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<sup>1</sup> <b>SUMMER SESSION BEGINS</b> 5:00AM - 6:30AM - 13&OVER  LCM COSMO & MICHELLE	<sup>2</sup> 5:00AM - 6:30AM - 13&OVER 6:30AM - 7:30AM - 12&UNDER  SCY CHRIS, TALA, FINN	<sup>3</sup> 5:00AM - 6:30AM - 13&OVER  LCM COSMO & TALA	<sup>4</sup> 5:00AM - 6:30AM - 13&OVER 6:30AM - 7:30AM - 12&UNDER  SCY CHRIS, MICHELLE, FINN	<sup>5</sup>	<sup>6</sup> RAY BENECKI LC SWIM MEET
<sup>7</sup> RAY BENECKI LC SWIM MEET	<sup>8</sup> 5:00AM - 6:30AM - 13&OVER  LCM COSMO & MICHELLE	<sup>9</sup> 5:00AM - 6:30AM - 13&OVER 6:30AM - 7:30AM - 12&UNDER  SCY CHRIS, TALA, FINN	<sup>10</sup> 5:00AM - 6:30AM - 13&OVER  LCM COSMO & TALA	<sup>11</sup> 5:00AM - 6:30AM - 13&OVER 6:30AM - 7:30AM - 12&UNDER  SCY CHRIS, MICHELLE, FINN	<sup>12</sup>	<sup>13</sup> NVSL TIME TRIALS
<sup>14</sup>	<sup>15</sup> 5:00AM - 6:30AM - 13&OVER  LCM COSMO & MICHELLE	<sup>16</sup> 5:00AM - 6:30AM - 13&OVER 6:30AM - 7:30AM - 12&UNDER  SCY CHRIS, TALA, FINN	<sup>17</sup> 5:00AM - 6:30AM - 13&OVER  LCM COSMO & TALA	<sup>18</sup> 5:00AM - 6:30AM - 13&OVER 6:30AM - 7:30AM - 12&UNDER  SCY CHRIS, MICHELLE, FINN	<sup>19</sup>	<sup>20</sup> NVSL A SWIM MEET
<sup>21</sup>	<sup>22</sup> 5:00 - 6:30AM (13&OVERS) 6:00AM - 7:30AM (ALL AGES) LCM PRIYA, COSMO, MICHELLE, FINN NVSL B SWIM MEET	<sup>23</sup> 5:00 - 6:30AM (13&OVERS) 6:00AM - 7:30AM (ALL AGES) LCM CHRIS, MICHELLE, FINN	<sup>24</sup> 5:00 - 6:30AM (13&OVERS) 6:00AM - 7:30AM (ALL AGES) LCM PRIYA, COSMO, MICHELLE, FINN	<sup>25</sup> 5:00 - 6:30AM (13&OVERS) 6:00AM - 7:30AM (ALL AGES) LCM PRIYA, CHRIS, MICHELLE, FINN	<sup>26</sup> FXXF SUMMER SOLSTICE LC CHAMPIONSHIP SWIM MEET @ GMU  <b>NO PRACTICES</b>	<sup>27</sup> FXXF SUMMER SOLSTICE LC CHAMPIONSHIP SWIM MEET @ GMU
<sup>28</sup> FXXF SUMMER SOLSTICE LC CHAMPIONSHIP SWIM MEET @ GMU	<sup>29</sup> 5:00 - 6:30AM (13&OVERS) 6:00AM - 7:30AM (ALL AGES) LCM PRIYA, COSMO, MICHELLE, FINN NVSL B SWIM MEET	<sup>30</sup> 5:00 - 6:30AM (13&OVERS) 6:00AM - 7:30AM (ALL AGES) LCM CHRIS, MICHELLE, FINN				