

February 2017- i-tri Calendar- SAG HARBOR

◀ January 2017		February 2017					March 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7 Empowerment Session 2:30-3:30 Mr Terry's room #1170 PICK UP TODAY ONLY 3:30	8	9	10	11 EVALS 1:30-3:30 EH YMCA	
12 Make up day evals 12-2	13	14 Empowerment Session ROOM #1170 Fitness Session	15	16	17	18 ALL GROUPS YMCA 1:30-4	
19	20	21 FEB BREAK NO i-tri	22	23	24	25 ALL GROUPS YMCA 1:30-4	
26	27	28 Empowerment Session Fitness Session Pick up 5pm	Notes: PLEASE REMEMBER TO WEAR WORKOUT CLOTHES AND RUNNING SHOES TO ALL Tuesday & SAT. SESSIONS – ALSO ON SATURDAYS REMEMBER BAITING SUIT- TOWEL AND FLIP FLOPS				

More Calendars with US Holidays: [Mar 2017](#), [Apr 2017](#), [PDF Calendar](#)



IF you can not make it to a practice- please TEXT Theresa- 631.902.3731 or Alyssa – 516.426.9740
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March 2017- i-tri Calendar- SAG HARBOR

◀ February 2017		March 2017					▶ April 2017
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4 ALL GROUPS YMCA 1:30-4	
5	6	7 Empowerment Session Fitness Session Pick up 5pm	8	9	10	11 ALL GROUPS YMCA 1:30-4	
12	13	14 Empowerment Session Fitness Session Pick up 5pm	15	16	17	18 ALL GROUPS YMCA 1:30-4	
19	20	21 Empowerment Session Fitness Session Pick up 5pm Homework time Mr Terry's room FAMILY NUTRITION – 5:30- 7 home and careers	22	23	24	25 25 ALL GROUPS Mother/Daughter Retreat 1-4pm John Marshal Elementary School Bring your mom or special guest and a healthy snack for the group to share	
26	27	28 Empowerment Session Fitness Session	29	30	31	Notes:	

More Calendars with US Holidays: [Apr 2017](#), [May 2017](#), [PDF Calendar](#)



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April 2017- i-tri Calendar- SAG HARBOR

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 NO Sat Practice this week – Sunday swim instead
2 SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	3	4 Empowerment Session Fitness Session Homework time Mr Terry's room FAMILY NUTRITION – 5:30- 7 home and careers	5	6	7	8 ALL GROUPS YMCA 1:30-4
9	10	11 SPRING RECESS No i-tri	12	13	14	15 SPRING RECESS No i-tri
16	17	18 Empowerment Session Fitness Session Pick up 5pm	19	20	21	22 ALL GROUPS MENTORING EVENT EHMS 1:30-4
23 SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	24	25 Empowerment Session Fitness Session Homework time Mr Terry's room FAMILY NUTRITION – 5:30- 7 home and careers	26	27	28	29 ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
30	Notes:					



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May 2017- i-tri Calendar- SAG HARBOR

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Empowerment Session Fitness Session Pick up at School @ 5pm	3	4	5	6 NO Sat Practice this week – Sunday swim instead
7 SUNDAY SWIM Brookhaven Aquatics Center Time-Transportation drop off and pick up info TBT	8	9 Empowerment Session Fitness Session Pick up at School @ 5pm Homework time Mr Terry's room FAMILY NUTRITION – 5:30- 7 home and careers	10	11	12	13 ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
14	15	16 Empowerment Session Fitness Session Pick up at School @ 5pm	17	18	19	20 ALL GROUPS MAIDSTONE PARK in Springs bike/run 1:30-4
21	22	23 Empowerment Session Fitness Session Pick up at School @ 5pm	24 Bonac 5K	25	26	27 ALL GROUPS YMCA 1:30-4
28	29	30 Empowerment Session Fitness Session Pick up at School @ 5pm	31	Notes:		

More Calendars with US Holidays: [Jun 2017](#), [Jul 2017](#), [PDF Calendar](#)



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June 2017- i-tri Calendar- SAG HARBOR

June 2017						
◀ May 2017						July 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 ALL GROUPS YMCA 1:30-4
4	5	6 Empowerment Session Fitness Session Pick up at School @ 5pm	7	8	9	10 ALL GROUPS MAIDSTONE PARK in Springs bike/run 10-12:00
11	12	13 Empowerment Session Fitness Session Pick up at School @ 5pm	14	15	16	17 ALL GROUPS MAIDSTONE PARK in Springs bike/run 10-12:00 TURBO TRI
18	19	20 No i-tri	21	22	23	24 no practice
25	26 <u>Long Beach Practice</u> Time and transportation details to come	27	28 <u>Long Beach Practice</u> Time and transportation details to come	29	30 <u>Long Beach Practice</u> Time and transportation details to come	Notes:



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July 2017- i-tri Calendar- SAG HARBOR

◀ June 2017		July 2017					▶ August 2017
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 no i-tri	4	5 <u>Long Beach Practice</u> Time and transportation details to come	6	7 <u>Long Beach Practice</u> Time and transportation details to come	8 MANDATORY Re-Evals 2-4:30 YMCA Family Picninc Celebration 5pm- location TBD	
9	10 Run through <u>Long Beach Practice</u> Time and transportation details to come	11	12 fun day! <u>Long Beach Practice</u> Time and transportation details to come	13 RACE DAY!!!! Must arrive by 4:30 pm	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	Notes:					

More Calendars with US Holidays: [Aug 2017](#), [Sep 2017](#), [PDF Calendar](#)



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