



AMA

February 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 After school empowerment/ fitness at EHMS 3-5pm	12	13	14	15 NO PRACTICE
16	17	18 NO PRACTICE	19	20	21	22 NO PRACTICE
23	24	25 After school empowerment/ fitness at EHMS 3-5pm	26	27	28	29 i-tri Retreat Day Pierson HS Gym 1-4pm

More Calendars from WinCalendar: [Mar 2020](#), [Apr 2020](#), [May 2020](#)

**IF you can not make it to a practice- please TEXT Natalie- 631.764.5702 or Jill 631-702-0017 or Alyssa516.426.9740
www.itrigirls.org**



AMA

March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 After school empowerment/ fitness at EHMS 3-5pm	4	5	6	7 SWIM EVALS EAST HAMPTON YMCA 12-1:30
8	9	10 After school empowerment/ fitness at EHMS 3-5pm	11	12	13	14 YMCA 2-3:30
15	16	17 After school empowerment/ fitness at EHMS 3-5pm	18	19	20	21 YMCA 2-3:30
22	23	24 After school empowerment/ fitness at EHMS 3-5pm	25	26	27	28 YMCA 2-3:30
29	30	31 After school empowerment/ fitness at EHMS 3-5pm				

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April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 YMCA 2-3:30
5	6	7 NO PRACTICE	8	9	10	11 NO PRACTICE
12 EASTER DAY	13	14 After school empowerment/ fitness at EHMS 3-5pm	15	16	17	18 MENTORING DAY EHMS 1-4
19	20	21 After school empowerment/ fitness at EHMS 3-5pm + Family Nutrition Night 5:30-7:30 @ EHMS	22	23	24	25 YMCA 2-3:30
26	27	28 After school empowerment/ fitness at EHMS 3-5pm	29	30		

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◀ Apr 2020							May 2020							Jun 2020 ▶						
Sun		Mon		Tue		Wed		Thu		Fri		Sat								
										1		2 YMCA 2-3:30								
3		4		5 After school empowerment/ fitness at EHMS 3-5pm		6		7		8		9 YMCA 2-3:30								
10		11		12 After school empowerment/ fitness at EHMS 3-5pm		13		14		15		16 YMCA 2-3:30								
17		18		19 After school empowerment/ fitness at EHMS 3-5pm		20		21		22		23 YMCA 2-3:30								
24		25		26 After school empowerment/ fitness at EHMS 3-5pm		27		28		29		30 SWIM-A-THON								
31																				

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June 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 After school empowerment/ fitness at EHMS 3-5pm	3	4	5	6 BIKING AT SPRINGS SCHOOL 10-10:45AM
7	8	9 After school empowerment/ fitness at EHMS 3-5pm	10	11	12	13 BIKING AT SPRINGS SCHOOL 10-10:45AM
14	15	16 NO PRACTICE	17	18	19	20 BIKING AT SPRINGS SCHOOL 10-10:45AM
21	22	23 NO PRACTICE	24	25 LAST DAY OF SCHOOL	26	27 NO PRACTICE
28	29 LONG BEACH SAG HARBOR 10-12 bus leaves EHMS 9:30AM	30 LONG BEACH SAG HARBOR 10-12 bus leaves EHMS 9:30AM				

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July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LONG BEACH SAG HARBOR 10-12 bus leaves EHMS 9:30AM	2 LONG BEACH SAG HARBOR 10-12 bus leaves EHMS 9:30AM	3	4
5	6 LONG BEACH SAG HARBOR 10-12 bus leaves EHMS 9:30AM	7 LONG BEACH SAG HARBOR 10-12 bus leaves EHMS 9:30AM	8 Race run through 9-11 bus leaves EHMS 8:30AM POST RACE PARTY AT PIERSON HS	9 FUN DAY 9-11 bus leaves EHMS 8:30AM	10 NO PRACTICE	11 RACE DAY Girls arrive 6:30am Race 7:30-10:00
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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