

This calendar is to give you a general idea of our 2025 season. Practice times and dates are subject to change. Please use REMIND for the most up-to-date information.

February 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12 Afterschool empowerment and fitness pick up at 5 pm	13	14	15 NO PRACTICE
16	17	18	19 NO PRACTICE	20	21	22 SWIM EVALS YMCA 12:30-1:30 PM
23	24	25	26 Afterschool empowerment and fitness pick up at 5 pm	27	28	

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March 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 KICK OFF RETREAT Southampton 10-12
2	3	4	5 Afterschool empowerment and fitness pick up at 5 pm	6	7	8 YMCA 12-2 PM
9	10	11	12 Afterschool empowerment and fitness pick up at 5 pm	13	14	15 YMCA 12-2 PM
16	17	18	19 Afterschool empowerment and fitness pick up at 5 pm	20	21	22 YMCA 12-2 PM
23	24	25 FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	26 Afterschool empowerment and fitness pick up at 5 pm	27 FAMILY VIRTUAL NUTRITION NIGHT 7-8PM VIA ZOOM	28	29 YMCA 12-2 PM
30	31					

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April 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2			5 MENTORING DAY Southampton HS 10-12
6	7	8	9 Afterschool empowerment and fitness pick up at 5 pm	10	11	12 YMCA 12-2 PM
13	14	15	16 NO PRACTICE	17	18	19 NO PRACTICE
20	21	22	23 Afterschool empowerment and fitness pick up at 5 pm	24	25	26 YMCA 12-2 PM
27	28	29	30 Afterschool empowerment and fitness pick up at 5 pm			

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May 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 YMCA 12-2 PM
4	5	6	7 Afterschool empowerment and fitness pick up at 5 pm	8	9	10 YMCA 12-2 PM
11	12	13	14 Afterschool empowerment and fitness pick up at 5 pm	15	16	17 YMCA 12-2 PM
18	19	20	21 Afterschool empowerment and fitness pick up at 5 pm	22	23	24 NO PRACTICE
25	26	27	28 NO PRACTICE	29	30	31 YMCA 12-2 PM

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June 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Afterschool empowerment and fitness pick up at 5 pm	5	6	7 BIKING AT COOPERS BEACH 1:15-2:15 PM
8	9	10	11 Afterschool empowerment and fitness pick up at 5 pm	12	13	14 BIKING AT COOPERS BEACH 1:15-2:15 PM
15	16	17	18 NO PRACTICE	19	20	21 BIKING AT COOPERS BEACH 1:15-2:15 PM
22	23	24	25 NO PRACTICE	26	27	28 NO PRACTICE
29	30 LONG BEACH 8 am-10 am					

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July 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 LONG BEACH 8 am-10 am	2 LONG BEACH 8 am-10 am	3 LONG BEACH 8 am-10 am	4 NO PRACTICE	5 UNIFORM DAY Southampton HS 10-12
6	7 LONG BEACH 8 am-10 am	8 LONG BEACH 8 am-10 am	9 LONG BEACH 9 am-11 am	10 LONG BEACH RAIN DATE	11 NO PRACTICE	12 RACE DAY Arrive 6:30am Race 7:30-10am
13 RACE DAY RAIN DATE	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		