

# Express SwimAmerica

September thru December 2018

## Pre-Team

### September

### October

### November

### December

Saturday	Sunday	Saturday	Sunday	Saturday	Sunday	Saturday	Sunday
<b>Sept 15<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Sept 16<sup>th</sup></b> Rider 11:10 – 12:00 Noon	<b>Oct 6<sup>th</sup></b> Rider (Note Time) <b>7:10-8:00 PM</b>	<b>Oct 7<sup>th</sup></b> Rider 11:10 – 12:00 Noon	<b>Nov 3<sup>rd</sup></b> <b>No Class</b>	<b>Nov 4<sup>th</sup></b> <b>No Class</b>	<b>Dec 1<sup>st</sup></b> Rider 5:40-6:30 PM	<b>Dec 2<sup>nd</sup></b> <b>No Class</b>
<b>Sept 22<sup>nd</sup></b> Rider 5:40-6:30 PM	<b>Sept 23<sup>rd</sup></b> Rider 11:10 – 12:00 Noon	<b>Oct 13<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Oct 14<sup>th</sup></b> <b>No Class</b>	<b>Nov 10<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Nov 11<sup>th</sup></b> TCNJ 11:10 – 12:00 Noon	<b>Dec 8<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Dec 9<sup>th</sup></b> TCNJ 11:10 – 12:00 Noon
<b>Sept 29<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Sept 30<sup>th</sup></b> Princeton 4:00 – 5:00 PM	<b>Oct 20<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Oct 21<sup>st</sup></b> TCNJ 11:10 – 12:00 Noon	<b>Nov 17<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Nov 18<sup>th</sup></b> TCNJ 11:10 – 12:00 Noon		
		<b>Oct 27<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Oct 28<sup>th</sup></b> TCNJ <b>GHOSTS AND GOBLINS</b> <b>Noon – 3:00 pm</b>	<b>Nov 24<sup>th</sup></b> Rider 5:40-6:30 PM	<b>Nov 25<sup>th</sup></b> TCNJ 11:10 – 12:00 Noon		

## Facilities

Rider University in the Maurer Center, Coppola Pool [www.rider.edu](http://www.rider.edu)

TCNJ Aquatic Center in Packer Hall. [www.tcnj.edu](http://www.tcnj.edu)

Friday, September 21<sup>st</sup> Ultimate Swim Shop will be at TCNJ between 4:30 and 7 pm to purchase fins and snorkels.  
 Sunday, October 28<sup>th</sup> Ghosts and Goblins Swim Meet TCNJ 12 Noon to 3:00 PM

**Once TCNJ re-opens, Pre-Team will be offered at least one evening practice per week for the rest of the session, exact day(s) and times to be determined.**