

## Summer Swim Practice Schedule 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24 Practice: Milford HS: 7:15-8:30 am	25 Practice: Milford HS: 7:15-8:30 am	26	27 Practice: Milford HS: 7:15-8:30 am	28
29	30 Practice: Milford HS: 7:15-8:30am	July 1 Meet Day! Sherborn 5:30pm Warm Up 6pm Start	2 Practice: Milford HS: 7:15-8:30am	3 No meet!	4 	5
6	7 Practice: Milford HS: 7:15-8:30am	8 Meet Day! <b>Needham</b> 5:30pm Warm Up 6pm Start	9 Practice: Milford HS: 7:15-8:30am	10 Meet Day! <b>Norwood</b> 5:30pm Warm Up 6pm Start	11 No practice	12
13	14 Practice: Milford HS: 7:15-8:30am	15 Meet Day! <b>Newton</b> 5:30pm Warm Up 6pm Start	16 Practice: Milford HS: 7:15-8:30am	17 Meet Day! <b>Walpole</b> 5:30pm Warm Up 6pm Start	18 Practice: Milford HS: 7:15-8:30am	19
20	21 Practice: Milford HS: 7:15-8:30am	22 Meet Day! <b>Westwood</b> 5:00pm Warm Up 5:30pm Start	23 Practice: Milford HS: 7:15-8:30am	24 Meet Day! <b>Dedham</b> 5:30pm Warm Up 6pm Start	25 <b>Mile Relay</b> Practice: Milford HS: 7:15-8:30am	26
27	28 Practice: Milford HS: 7:15-8:30am	29 No meet!	30 Practice: Milford HS: 7:15-8:30am	31 Meet Day! <b>Canton</b> 5:30pm Warm Up 6pm Start	August 1 Practice: Milford HS: 7:15-8:30am	2
3	4 Practice: Milford HS: 7:15-8:30am	5 Meet Day! <b>Medfield</b> 5:30pm Warm Up 6pm Start	6 Practice: Milford HS: 7:15-8:30am	7 Meet Day! <b>Natick</b> 5:00pm Warm Up 5:30pm Start	8 Practice: Milford HS: 7:15-8:30 am	9 <b>League Championships</b> <b>TBD</b>