

March 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11 KICK OFF PARTY AT PRESIDIO SPORTS BASEMENT 7 pm in the TRI Depart. Party, food, and 20% discount	12	13 Saturday Group Swim at AP. meet at 11:00	14 Intro Clinic 12-3 pm – Aquatic Park
15 Monday nights BEGIN!!!! 6:15 – Advanced 6:30 – Intermediate and Beginners	16	17	18	19	20	21
22 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	23	24 Wednesday night swim at Treasure Island – 6:30 pm	25	26	27	28
29 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	30	31				

April 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	6	7 Wednesday night swim at Treasure Island – 6:30 pm	8	9	10 EXPEDITION Alcatraz to AP – 8:45 am meet	11 Intro Clinic 11-2 pm – Aquatic Park
12 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	13	14	15	16	17 Saturday Group Swim at AP. meet at 11:00	18
19 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	20	21 Wednesday night swim at Treasure Island – 6:30 pm	22	23	24	25
26 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	27	28	29	30		

May 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	4	5 Wednesday night swim at Treasure Island – 6:30 pm	6	7	8 Long Saturday Group Swim at AP. meet at 11:00	9
10 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	11	12	13	14	15 EXPEDITION Yacht Club to AP – 9:15 am meet Intro Clinic 11:30-2:30 pm – Aquatic Park	16 EXPEDITION Alcatraz to Yacht Club – 7:00 am meet
17 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	18	19 Wednesday night swim at Treasure Island – 6:30 pm	20	21	22	23 EXPEDITION Alcatraz to AP – 8:00 am meet
24 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	25	26	27	28	29	30
31 MEMORIAL DAY – NO SWIM						

June 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 Wednesday night swim at Treasure Island – 6:30 pm	3	4	5	6
7 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	8	9	10	11	12 EXPEDITION Round the Rock (circumnavig- ate Alcatraz) – 7:30 am meet	13 Intro Clinic 12:00-3:00 pm – Aquatic Park
14 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	15	16 Wednesday night swim at Treasure Island – 6:30 pm	17	18	19 Long Saturday Group Swim at AP. meet at 11:00	20 Race Clinic. 12 pm to 2:30 pm - Aquatic Park
21 EXPEDITION Alcatraz to AP – 8:00 am meet Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	22	23	24 Rough Water Clinic. 6:00 to 7:30 pm - Aquatic Park	25	26	27 EXPEDITION Gay in the Bay – Golden Gate Bridge to Bay Bridge – 7:45 am meet
28 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	29	30 Wednesday night swim at Treasure Island – 6:30 pm				

July 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 <b>EXPEDITION</b> Alcatraz to Crissy Field – 6:30 am meet	3	4 <b>EXPEDITION</b> Alcatraz to AP – 6:30 am meet
5 <b>Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	6	7 <b>EXPEDITION</b> Trans GGB – 8:30 am meet	8	9	10	11
12 <b>Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	13	14 <b>Wednesday</b> <b>night swim</b> at Treasure Island – 6:30 pm	15	16	17 <b>Long</b> <b>Saturday</b> <b>Group Swim</b> at AP. meet at 11:00	18
19 <b>Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	20	21	22	23	24	25
26 <b>Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	27	28 <b>Wednesday</b> <b>night swim</b> at Treasure Island – 6:30 pm	29	30	31 <b>EXPEDITION</b> Alcatraz to AP – 7:45 am meet	

August 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1 Intro Clinic 10:00-1:00 pm – Aquatic Park
2 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	3	4	5	6	7	8
9 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	10	11 Wednesday night swim at Treasure Island – 6:30 pm	12	13	14	15
16 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	17	18 EXPEDITION Trans GGB – 7:45 am meet	19	20	21 WEEKEND TRIP – LAKE TAHOE	22 Race Clinic. 10 to 1 pm - Aquatic Park WEEKEND TRIP – LAKE TAHOE
23 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	24	25 Wednesday night swim at Treasure Island – 6:30 pm	26	27	28 EXPEDITION Alcatraz to AP – 7:30 am meet	29 Rough Water Clinic. 3:00 to 5:00 pm - Crissy Field
30 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	31					

September 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6 <b>LABOR DAY – NO SWIM</b>	7	8 Wednesday night swim at Treasure Island – 6:30 pm	9	10	11 EXPEDITION Alcatraz to AP – 7:30 am meet	12
13 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	14	15	16	17 EXPEDITION Trans GGB – 7:45 am meet	18	19 Intro Clinic 10:00-1:00 pm – Aquatic Park
20 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	21	22 Wednesday night swim at Treasure Island – 6:30 pm	23	24	25	26
27 Monday night 6:15 – Advanced 6:30 – Intermediate and Beginners	28	29	30			

October 2010						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 <b>EXPEDITION Yacht Club to AP – 6:45 am meet</b>
4 <b>Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	5	6 <b>Wednesday night swim at Treasure Island – 6:30 pm</b>	7	8	9	10
11 <b>Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	12	13	14	15	16 <b>EXPEDITION Alcatraz to AP – 7:45 am meet</b>	17
18 <b>LAST Monday night</b> 6:15 – Advanced 6:30 – Intermediate and Beginners	19	20	21	22	23	24
25	26	27	28	29	30	31