



DAAC JUNE 2020



For **ALL** Dover Community Swimming needs: www.swimdover.org


Sun	Mon	Tues	Wed	Thur	Fri	Sat
DAAC COACHES: Aniella Janosky, Christina Janosky, Ally Murray, Lindsay Brenneman, Eric Naylor, Richard Janosky, Lauren Craig, Angie Pequignot, Travis Hoffman, Ross Spangler	1 Zoom Dryland @ 600-640PM with Coach Spangler	2	3 Zoom Dryland @ 600-640PM with Coach Christina	4 Freestyle Technique 615-645PM With Coach Aniella and Coach Richard	5	6
7	8 Zoom Dryland @ 600-640PM with Coach Ally	9	10 Zoom Dryland @ 600-640PM with Coach Lindsay	11 Backstroke Technique 615-645PM with Coach Naylor	12	13
14	15 Zoom Dryland @ 600-640PM with Coach Richard	16	17 Zoom Dryland @ 600-640PM with Coach Christina	18 Breastroke Technique 615-645PM with Coach Spangler	19	20
21	22 Zoom Dryland @ 600-640PM with Coach Aniella	23	24 Zoom Dryland @ 600-640PM with Coach Ally	25 Butterfly Technique 615-645PM with Coach Lindsay and Coach Aniella	26	27
28	29 Zoom Dryland @ 600-640PM with Coach Spangler	30				



DAAC JULY 2020



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DAAC COACHES: Aniella Janosky, Christina Janosky, Ally Murray, Lindsay Brenneman, Eric Naylor, Richard Janosky, Lauren Craig, Angie Pequignot, Travis Hoffman, Ross Spangler			1 Zoom Dryland @ 600-640PM with Coach Christina	2 Starts, Relay Starts, and Turns Technique 615-645PM with Coach Richard	3	4 Happy 4th of July! 
5	6 Zoom Dryland @ 600PM-640PM with Coach Ally	7	8 Zoom Dryland @ 600PM-640PM with Coach Lindsay	9 Nutrition for Swimmers with Coach Craig 615-645PM	10	11
12	13 Zoom Dryland @ 600PM-640PM with Coach Richard Cancelled	14	15 Zoom Dryland @ 600PM-640PM with Coach Lindsay	16 Mindfulness with Coach Christina & Swimming Rulebook 101 and Sport Etiquette with Coach Spangler 615-645PM	17	18
19	20 Zoom Dryland @ 600PM-640PM with Coach Ally Cancelled	21	22 Zoom Dryland @ 600PM-640PM with Coach Aniella	23 Swimming Rulebook 101 and Sport Etiquette with Coach Spangler 615-645PM Moved to July 16th	24	25
26	27	28	29	30	31	

