

CCAC/DALTON DOLPHINS SENIOR GROUP SCHEDULE FOR JULY 2026

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY			
Group	Activity	Time	Location	Group	Activity	Time	Location	Group	Activity	Time	Location	Group	Activity	Time	Location	Group	Activity	Time	Location	Group	Activity	Time	Location	Group	Activity	Time	Location
29				30				1				2				3				4				5			
NO AM PRACTICE				SWIM 7:00-9:00 AM DHS SWIM 3:30-5:30 PM DHS				BLT/SR SWIM 7:00-9:00 AM DHS BLT/SR SWIM 3:30-5:30 PM DHS				SR-F SWIM 7:00-9:00 AM DHS SR-SS SWIM 7:15-9:00 AM DHS SR-G SWIM 7:15-9:00 AM DHS				SR-F SWIM 7:00-9:00 AM DHS SR-SS SWIM 7:15-9:00 AM DHS SR-G SWIM 7:15-9:00 AM DHS				SR-F SWIM 7:00-9:00 AM DHS SR-SS SWIM 7:15-9:00 AM DHS SR-G SWIM 7:30-9:00 AM DHS							
DALTON DOLPHINS VS. SIGNAL MOUNTAIN												DALTON DOLPHINS AT FORT OGLETHORPE				SR-F SWIM 3:30-5:30 PM DHS SR-SS SWIM 3:30-5:15 PM DHS SR-G SWIM 3:30-5:15 PM DHS				2ND ANNUAL PANCAKE BREAKFAST							
6				7				8				9				10				11				12			
SR-F SWIM 7:00-9:00 AM DHS SR-SS SWIM 7:15-9:00 AM DHS SR-G SWIM 7:30-9:00 AM DHS SR-F SWIM 3:30-5:30 PM DHS SR-SS SWIM 3:30-5:15 PM DHS SR-G SWIM 3:30-5:00 PM DHS				SR-F SWIM 7:00-9:00 AM DHS SR-SS SWIM 7:30-9:00 AM DHS SR-G SWIM 7:45-9:00 AM DHS				SR-F SWIM 7:15-9:00 AM DHS SR-SS SWIM 7:30-9:00 AM DHS SR-G SWIM 7:45-9:00 AM DHS SR-F SWIM 3:30-5:15 PM DHS SR-SS SWIM 3:30-5:00 PM DHS SR-G SWIM 3:30-4:45 PM DHS				SR-F SWIM 7:15-9:00 AM DHS SR-SS SWIM 7:30-9:00 AM DHS SR-G SWIM 7:45-9:00 AM DHS CITY MEET SET-UP				SR-F SWIM 7:15-9:00 AM DHS SR-SS SWIM 7:30-9:00 AM DHS SR-G SWIM 7:45-9:00 AM DHS CITY MEET				SR-F SWIM 7:30-9:00 AM DHS SR-SS SWIM 7:45-9:00 AM DHS CITY MEET							
13				14				15				16				17				18				19			
SR-F SWIM 7:15-9:00 AM DHS SR-SS SWIM 7:30-9:00 AM DHS SR-G SWIM 8:00-9:00 AM DHS SR-F SWIM 3:30-5:15 PM DHS SR-SS SWIM 3:30-5:00 PM DHS SR-G SWIM 3:30-4:30 PM DHS				SR-F SWIM 7:30-9:00 AM DHS SR-SS SWIM 7:45-9:00 AM DHS SR-G SWIM 8:00-9:00 AM DHS				SR-F SWIM 7:30-9:00 AM DHS SR-SS SWIM 7:45-9:00 AM DHS SR-G SWIM 8:00-9:00 AM DHS SR-F SWIM 3:30-5:00 PM DHS SR-SS SWIM 3:30-4:45 PM DHS SR-G SWIM 3:30-4:30 PM DHS				SR-F SWIM 7:30-9:00 AM DHS SR-SS SWIM 7:45-9:00 AM DHS SR-G SWIM 8:00-9:00 AM DHS LAST PRACTICE FOR DALTON DOLPHINS AGE GROUP STATE				SR-F SWIM 7:30-9:00 AM DHS SR-SS SWIM 7:45-9:00 AM DHS SR-G SWIM 7:45-9:00 AM DHS SR-F SWIM 3:30-5:00 PM DHS SR-SS SWIM 3:30-4:45 PM DHS AGE GROUP STATE GRPA STATE				SR-F SWIM 8:00-9:15 AM DHS SR-SS SWIM 8:00-9:00 AM DHS AGE GROUP STATE GRPA STATE				AGE GROUP STATE			
20				21				22				23				24				25				26			
SR-F SWIM 7:45-9:00 AM DHS SR-SS SWIM 8:00-9:00 AM DHS SR-F SWIM 3:30-4:45 PM DHS SR-SS SWIM 3:30-4:30 PM DHS				SR-F SWIM 7:45-9:00 AM DHS SR-SS SWIM 8:00-9:00 AM DHS CCAC/DALTON DOLPHINS BANQUET				SR-F SWIM 7:45-9:00 AM DHS SR-SS SWIM 8:00-9:00 AM DHS SR-F SWIM UGA SR-SS SWIM UGA				NO PRACTICES SENIOR STATE				NO PRACTICES SENIOR STATE				NO PRACTICES SENIOR STATE				SENIOR STATE			
27				28				29				30				1				2				3			
SR-F SWIM 3:00-4:00 PM DHS				SR-F SWIM 3:00-4:00 PM DHS				FUTURES				FUTURES				FUTURES				FUTURES							

SR - F Tapering for Futures

SR - SS Tapering for Senior State May continue practicing until July 28.

SR - G Tapering for GRPA May continue practicing until July 28.