

# Belmar Junior Lifeguards

# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 First Practice 10-12 noon	4 NO PRACTICE	5 Practice 10-12 noon	6 Practice 10-12 noon	7	8
9	10 Practice 10-12 noon	11 Practice 10-12 noon	12 Practice 10-12 noon	13 SPRING LAKE Tournament (No practice)	14	15
16	17 Practice 10-12 noon	18 LB Tournament (No practice)	19 Practice 10-12 noon	20 BELMAR Tournament (No practice)	21	22
23	24 Practice 10-12 noon	25 Swim/ Surf for a Cure 10-12 noon	26 Last Practice 10-12 noon	27 SQUAN Tournament (No practice)	28	29
30	31					