

2017-2018

Senior/Junior - October 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|-------------------------------------|--|----------------------------------|
| 24 9:00-11:00 Hill park <i>swim</i> | 25 6:00-8:00 Hill Park <i>Dryland/swim</i> | 26 4:00-7:00 Hill Park <i>dryland/swim</i> | 27 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i> | 28 5:30-7:30 Hill Park | 29 5:30-7:00 McMaster 7:00-8:00 Hill Park <i>swim.</i> | 30 OFF |
| 1 9:00-11:30 Hill park <i>swim</i> | 2 5:30-7:30 Hill Park 6:00-8:00 Hill Park <i>Dryland/swim</i> | 3 4:00-7:00 Hill Park <i>dryland/swim</i> | 4 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i> | 5 5:30-7:30 Hill Park | 6 5:30-7:00 McMaster 7:00-8:00 Hill Park <i>swim.</i> | 7 OFF |
| 8 7:00-10:00 Hill park <i>swim</i> | 9 OFF Thanksgiving | 10 4:00-7:00 Hill Park <i>dryland/swim</i> | 11 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i> | 12 5:30-7:30 Hill Park | 13 5:30-7:00 McMaster 7:00-8:00 Hill Park <i>swim.</i> | 14 HALL OF FAME |
| 15 HALL OF FAME | 16 OFF 6:00-8:00 Hill Park <i>Dryland/swim</i> | 17 4:00-7:00 Hill Park <i>dryland/swim</i> | 18 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i> | 19 5:30-7:30 Hill Park | 20 5:30-7:00 McMaster 7:00-8:00 Hill Park <i>swim.</i> | 21 OFF |
| 22 7:00-10:00 Hill park <i>swim</i> | 23 5:30-7:30 Hill Park 6:00-8:00 Hill Park <i>Dryland/swim</i> | 24 4:00-7:00 Hill Park <i>dryland/swim</i> | 25 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i> | 26 5:30-7:30 Hill Park | 27 7:00-8:00 Hill Park <i>swim.</i> | 28 OFF |

Notes: Coach Carmen Thorburn

JR group will swim AM practices from 5:30 to 7 am and Sunday's 2 hours ONLY

Dryland on Wed is at 4:30 for both JR and SR, but only SR will swim after.