

2016-2017

Senior/Junior - JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 8:00-10:00 McMster	29 5:30-7:30 Hill Park 6-8:30 YWCA <i>dryland-swim</i>	30 4:30-6:30 PL	31 5:30-7:30 Hill Park OFF	1 5:30-7:30 PL	2 REGIONALS OFF	3 REGIONALS OFF
4 REGIONALS OFF	5 OFF	6 4:30-6:30 PL	7 5:30-7:30 Hill Park 4:30-5:30 <i>Dryland only</i>	8 5:30-7:30 PL	9 5:30-7:30 McMaster	10 6:00-9:00 McMaster
11 8:00-10:00 McMaster	12 5:30-7:30 Hill Park 5:00-6:30 Central <i>swim.</i>	13 4:30-6:30 PL	14 5:30-7:30 HP CANUSA TRYOUTS 4:30-5:30 <i>Dry only</i>	15 5:30-7:30 PL	16 5:30-7:30 McMaster	17 6:30-9:00 McMaster Wild Water Works Event (Prepaid)
18 8:00-10:00 McMaster	19 5:30-7:30 Hill Park 5:00-6:30 Central <i>swim.</i>	20 4:30-6:30 PL	21 5:30-7:30 Hill Park 4:30-5:30 <i>Dryland only</i>	22 5:30-7:30 PL	23 5:30-7:30 McMaster OFF	24 7:00-9:00 McMaster
25 8:00-10:00 McMster	26 5:30-7:30 Hill Park 5:00-6:30 Central <i>swim.</i>	27 5:00-6:30 Hill Park	28 5:30-7:30 Hill Park	29 PROVINCIALS	30 PROVINCIALS	1 PROVINCIALS

Notes: Coach Carmen Thorburn

Junior group will swim their AM practices from 5:30 to 7 am ONLY