

**2017-2018**

**Level 3 BLACK - OCTOBER 2017**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>24</b> 8:00-10:00 McMaster	<b>25</b>  OFF <i>optional</i> <i>Dry 6:30-7:30</i>	<b>26</b> 4:40-7:00 Hill Park swim/dry	<b>27</b> 6:00-8:00 Ryerson	<b>28</b>  OFF	<b>29</b> 5:30-7:00 McMaster	<b>30</b> 7:00-9:00 McMaster
<b>1</b> 8:00-10:00 McMaster	<b>2</b>  OFF <i>optional</i> <i>Dry 6:30-7:30</i>	<b>3</b> 4:40-7:00 Hill Park swim/dry	<b>4</b> 6:00-8:00 Ryerson	<b>5</b>  OFF	<b>6</b> 5:30-7:00 McMaster	<b>7</b> 7:00-9:00 McMaster
<b>8</b> 8:00-10:00 McMaster	<b>9</b> <b>OFF</b> <b>Thanksgiving</b>	<b>10</b> 4:40-7:00 Hill Park swim/dry	<b>11</b> 6:00-8:00 Ryerson	<b>12</b>  OFF	<b>13</b> 5:30-7:00 McMaster	<b>14</b>  <b>HALL OF FAME</b>
<b>15</b>  <b>HALL OF FAME</b>	<b>16</b>  OFF <i>optional</i> <i>Dry 6:30-7:30</i>	<b>17</b> 4:40-7:00 Hill Park swim/dry	<b>18</b> 6:00-8:00 Ryerson	<b>19</b>  OFF	<b>20</b> 5:30-7:00 McMaster	<b>21</b> 7:00-9:00 McMaster
<b>22</b> 8:00-10:00 McMaster	<b>23</b>  OFF <i>optional</i> <i>Dry 6:30-7:30</i>	<b>24</b> 4:40-7:00 Hill Park swim/dry	<b>25</b> 6:00-8:00 Ryerson	<b>26</b>  OFF	<b>27</b> 5:30-7:00 McMaster	<b>28</b> 7:00-9:00 McMaster

**Notes:** Coach Priscy Escobar