

**2017-2018**

**Level 3 GOLD - OCTOBER 2017**

| Sunday                          | Monday  | Tuesday                                | Wednesday              | Thursday                               | Friday    | Saturday                    |
|---------------------------------|---|--|------------------------|--|-----------|-----------------------------|
| <b>24</b>                       | <b>25</b>   | <b>26</b>                              | <b>27</b>              | <b>28</b>                              | <b>29</b> | <b>30</b>                   |
| 9:00-11:00<br>Hill Park<br>swim | 5:30-7:30 am<br>Hill Park<br>5:30-6:30<br>dryland<br>PJ | 4:00-7:00<br>Hill Park<br>dryland/swim | 5:30-7 am<br>Hill Park | <b>NEW!</b><br>5:30-7:30<br>PL<br>SWIM | OFF       | OFF                         |
| <b>1</b>                        | <b>2</b>  | <b>3</b>                               | <b>4</b>               | <b>5</b>                               | <b>6</b>  | <b>7</b>                    |
| 9:00-11:00<br>Hill Park<br>swim | 5:30-7:30 am<br>Hill Park<br>5:30-6:30<br>dryland<br>PJ | 4:00-7:00<br>Hill Park<br>dryland/swim | 5:30-7 am<br>Hill Park | 5:30-7:30<br>PL                        | OFF       | OFF                         |
| <b>8</b>                        | <b>9</b>  | <b>10</b>                              | <b>11</b>              | <b>12</b>                              | <b>13</b> | <b>14</b>                   |
| 7:00-9:00<br>Hill Park          | <b>OFF</b><br><b>Thanksgiving</b>                       | 4:00-7:00<br>Hill Park<br>dryland/swim | 5:30-7 am<br>Hill Park | 5:30-7:30<br>PL                        | OFF       | <b>HALL<br/>OF<br/>FAME</b> |
| <b>15</b>                       | <b>16</b>   | <b>17</b>                              | <b>18</b>              | <b>19</b>                              | <b>20</b> | <b>21</b>                   |
| <b>HALL<br/>OF<br/>FAME</b>     | OFF<br>5:30-6:30<br>dryland<br>PJ                       | 4:00-7:00<br>Hill Park<br>dryland/swim | 5:30-7 am<br>Hill Park | 5:30-7:30<br>PL                        | OFF       | OFF                         |
| <b>22</b>                       | <b>23</b>   | <b>24</b>                              | <b>25</b>              | <b>26</b>                              | <b>27</b> | <b>28</b>                   |
| 7:00-9:00<br>Hill Park          | 5:30-7:30 am<br>Hill Park<br>5:30-6:30<br>dryland<br>PJ | 4:00-7:00<br>Hill Park<br>dryland/swim | 5:30-7 am<br>Hill Park | 5:30-7:30<br>PL                        | OFF       | OFF                         |

**Notes:** Coach Susana Escobar