

**2017-2018**

**Level 4 - October 2017**

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

**Notes:** Coach Susana Escobar