

**HAC Novice2 (N2) (2 practices/week)  
October 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 <b>RED</b> Ryerson 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	3 <b>BLUE</b> J.Thompson 7-8 pm	4 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm	5 <b>RED</b> Dalewood 6:30-7:30pm  <b>BLUE</b> Dalewood 6:30-7:30pm	6 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	7 OFF
8 OFF	9 Thanksgiving OFF	10 <b>BLUE</b> J.Thompson 7-8 pm	11 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm	12 <b>RED</b> Dalewood 6:30-7:30pm  <b>BLUE</b> Dalewood 6:30-7:30pm	13 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	14 OFF
15 OFF	16 <b>RED</b> Ryerson 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	17 <b>BLUE</b> J.Thompson 7-8 pm	18 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm	19 <b>RED</b> Dalewood 6:30-7:30pm  <b>BLUE</b> Dalewood 6:30-7:30pm	20 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	21 OFF
22 OFF  Timing clinic Central @ 8:30am	23 <b>RED</b> Ryerson 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	24 <b>BLUE</b> J.Thompson 7-8 pm	25 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm	26 <b>RED</b> Dalewood 6:30-7:30pm  <b>BLUE</b> Dalewood 6:30-7:30pm	27 <b>WHITE</b> MacNab St YWCA 6-7 pm  <b>BLACK</b> MacNab St YWCA 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	28 MOCK MEET Laurier Rec 3-5pm
29 OFF  HAC Banquet Carmen's Hall 3:30-8:30pm	30 <b>RED</b> Ryerson 7-8 pm  <b>GOLD</b> Hill Park 7-8 pm	31 Halloween OFF				

**NOTES:**

\* Black, Gold, Red, White or Blue group is selected upon registration, any subsequent changes must get coaches approval 1st

Oct 9th - OFF for Thanksgiving holiday, enjoy!

Oct 22nd - Timing clinic for parents at Central Memorial pool at 8:30am (approx 1.5 hours)

Oct 28th - Mock meet @ Laurier Rec Centre from 3-5pm. Meets introduction/refresher. Parents can practice timing too!

Oct 29th - HAC Annual Banquet@ Carmen's Banquet Hall 3:30-8:30pm (Tickets purchased in advance)

Oct 31 - OFF for Halloween, enjoy!