

HAC Novice3 (N3) (3 practices/week)

October 2017

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