

2017-2018

Senior/Junior - December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 7:00-10:00 Hill Park	4 5:30-7:30 Hill Park 6:00-8:00 Hill Park <i>Dryland/swim</i>	5 4:00-7:00 Hill Park dryland/swim	6 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i>	7 5:30-7:30 Hill Park	8 Steeltown Meet	9 Steeltown Meet
10 Steeltown Meet	11 OFF 6:00-8:00 Hill Park <i>Dryland/swim</i>	12 4:00-7:00 Hill Park dryland/swim	13 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i>	14 5:30-7:30 Hill Park	15 5:30-7:00 McMaster 7:00-8:00 Hill Park	16 OFF
17 7:00-10:00 Hill Park	18 5:30-7:30 Hill Park 6:00-8:00 Hill Park <i>Dryland/swim</i>	19 4:00-7:00 Hill Park dryland/swim	20 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson senior only</i>	21 5:30-7:30 Hill Park	22 5:30-7:00 McMaster 7:00-8:00 Hill Park	23 3:00-5:00 Laurier
24 TBD	25 OFF MERRY CHRISTMAS	26 OFF	27 TBD	28 TBD	29 TBD	30 TBD
31 TBD	1 OFF HAPPY NEW YEAR	2 TBD	3 TBD	4 TBD	5 TBD	6 SKILLS CIRCUIT TBD

Notes: Coach Carmen Thorburn

Junior group will swim their AM practices from 5:30 to 7 am and Sunday's 2 hours ONLY

Dryland on Wednesday is at 4:30 for both JR and SR, but only senior will swim after.