

2017-2018

Level 3 BLACK - DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8:00-10:00 McMaster	4 "open dryland" 6:30-7:30 <i>PJ</i>	5 4:40-7:00 Hill Park swim/dry	6 6:00-8:00 Ryerson	7 OFF	8 Steeltown Meet	9 Steeltown Meet
10 Steeltown Meet	11 "open dryland" 6:30-7:30 <i>PJ</i>	12 4:40-7:00 Hill Park swim/dry	13 6:00-8:00 Ryerson	14 OFF	15 5:30-7:00 McMaster	16 7:00-9:00 McMaster
17 8:00-10:00 McMaster	18 "open dryland" 6:30-7:30 <i>PJ</i>	19 4:40-7:00 Hill Park swim/dry	20 6:00-8:00 Ryerson	21 OFF	22 5:30-7:00 McMaster	23 OFF
24 OFF	25 OFF MERRY CHRISTMAS	26 OFF	27 OFF	28 OFF	29 OFF	30 OFF
31 OFF	1 OFF HAPPY NEW YEAR	2 OFF	3 OFF	4 OFF	5 OFF	6 SKILLS CIRCUIT TBD

Notes: Coach Priscy Escobar