

2017-2018

Level 3 GOLD - DECEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 7:00-9:00 Hill Park	4 5:30-7:30 Hill Park 5:30-6:30 dryland <i>PJ</i>	5 4:00-7:00 Hill Park dryland/swim	6 5:30-7:30 Hill Park	7 5:30-7:30 PL	8 Steeltown Meet	9 Steeltown Meet
10 Steeltown Meet	11 OFF 5:30-6:30 dryland <i>PJ</i>	12 4:00-7:00 Hill Park dryland/swim	13 5:30-7:30 Hill Park	14 5:30-7:30 PL	15 OFF	16 OFF
17 7:00-9:00 Hill Park	18 5:30-7:30 Hill Park 5:30-6:30 dryland <i>PJ</i>	19 4:00-7:00 Hill Park dryland/swim	20 5:30-7:00 Hill Park	21 5:30-7:30 PL	22 OFF	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 Susana Escobar