

2017-2018

Level 4 - December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 7:00-9:00 Hill Park	4 5:30-7:30 Hill Park Dryland 530-630 <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 Dryland 530-630 <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 5:30-7:00 McMaster	16 OFF
17 7:00-9:00 Hill Park	18 5:30-7:30 Hill Park Dryland 530-630 <i>PJ</i>	19 4:00-7:00 Hill Park dryland/swim	20 5:30-7:30 Hill Park	21 5:30-7:30 PL	22 5:30-7:00 McMaster	23 OFF
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 Susana Escobar