

**2017-2018**

**Level 2 BLACK - January 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 OFF	1 OFF HAPPY NEW YEAR	2 OFF	3 OFF	4 Optional JT 1:30-3:30	5 Optional JT 1:30-3:30	6 Skills Circuit 7:00-9:00 McMaster
7 8:00-10:00 MCMMASTER TEAM PRACTICE	8 Lisa 5:00-6:30 Central	9 ALL 5:45-7:00 Hill Park	10 Priscy 6:00-8:00 Ryerson	11 Lisa 6:30-8:00 JT	12 5:30-7:00 McMaster Priscy	13 7:00-9:00 McMaster ALL
14 OFF	15 Lisa 5:00-6:30 Central	16 ALL 5:45-7:00 Hill Park	17 Priscy 6:00-8:00 Ryerson	18 Lisa 6:30-8:00 JT	19 5:30-7:00 McMaster Priscy	20 Joanne Malar Meet
21 Joanne Malar Meet	22 Lisa 5:00-6:30 Central	23 ALL 5:45-7:00 Hill Park	24 Priscy 6:00-8:00 Ryerson	25 Lisa 6:30-8:00 JT	26 5:30-7:00 McMaster Priscy	27 7:00-9:00 McMaster ALL
28 OFF	29 Lisa 5:00-6:30 Central	30 ALL 5:45-7:00 Hill Park	31 Priscy 6:00-8:00 Ryerson	1 Lisa 6:30-8:00 JT	2 Regionals	3 Regionals

**Notes:** Coach Priscy Escobar/Lisa Hodge  
**note #2:** Lisa and Priscy are sharing swimmers. Please contact them to know your days.