

2017-2018

Level 3 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 MCMASTER TEAM PRACTICE	8 "open dryland" 6:30-7:30 <i>PJ</i>	9 4:40-7:00 Hill Park swim/dry	10 6:00-8:00 Ryerson	11 OFF	12 5:30-7:00 McMaster	13 7:00-9:00 McMaster
14 8:00-10:00 McMaster	15 "open dryland" 6:30-7:30 <i>PJ</i>	16 4:40-7:00 Hill Park swim/dry	17 6:00-8:00 Ryerson	18 OFF	19 5:30-7:00 McMaster	20 Joanne Malar Meet
21 Joanne Malar Meet	22 "open dryland" 6:30-7:30 <i>PJ</i>	23 4:40-7:00 Hill Park swim/dry	24 6:00-8:00 Ryerson	25 OFF	26 5:30-7:00 McMaster	27 7:00-9:00 McMaster
28 8:00-10:00 McMaster	29 "open dryland" 6:30-7:30 <i>PJ</i>	30 4:40-7:00 Hill Park swim/dry	31 6:00-8:00 Ryerson	1 OFF	2 Regionals	3 Regionals

Notes: Coach Priscy Escobar