

2017-2018

Level 4 - January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
9:30-12:00 McNab swim	OFF HAPPY NEW YEAR	1:45-4:15 Central Swim	1:45-4:15 Central Swim	1:45-4:15 Central Swim	1:45-4:15 Central Swim	9:30-12:00 Laurier swim.
7	8	9	10	11	12	13
8:00-10:00 MCMASTER TEAM PRACTICE	5:30-7:30 Hill Park Dryland 530-630 <i>PJ</i>	4:00-7:00 Hill Park dryland/swim	5:30-7:30 Hill Park	5:30-7:30 PL	AB Meet Etobicoke	Niagara Open St Catherines
14	15	16	17	18	19	20
AB MEET Etobicoke	OFF Dryland 530-630 <i>PJ</i>	4:00-7:00 Hill Park dryland/swim	5:30-7:30 Hill Park	5:30-7:30 PL	5:30-7:00 McMaster	Joanne Malar Meet
21	22	23	24	25	26	27
Joanne Malar Meet	OFF Dryland 530-630 <i>PJ</i>	4:00-7:00 Hill Park dryland/swim	5:30-7:30 Hill Park	5:30-7:30 PL	5:30-7:00 McMaster	OFF
28	29	30	31	1	2	3
8:00-10:00 Hill Park swim	5:30-7:30 Hill Park Dryland 530-630 <i>PJ</i>	4:00-7:00 Hill Park dryland/swim	5:30-7:30 Hill Park	5:30-7:30 PL	5:30-7:00 McMaster Regionals	OFF Regionals

Notes: Coach Susana Escobar