

**2017-2018**

**Senior/Junior - April 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 TBD	2 OFF EASTER MONDAY	3 5:30-7:30 McMaster 5:30-6:30 Dryland. PJ	4 530-630 <i>dryland</i> 6:00-8:00 <i>Ryerson</i> JR/SR	5 5:30-7:30 McMaster	6 HAC Invitational Meet	7 HAC Invitational Meet
8 HAC Invitational Meet	9 OFF 7:00-8:00 Hill Park <i>swim</i>	10 530-7:30 McMaster 4:00-7:00 Hill Park/PJ dryland/swim	11 5:30-7:30 Hill Park 530-630 <i>Dryland</i>	12 5:30-7:30 Hill Park	13 5:30-7:00 McMaster <b>SR only</b>	14 6:00-9:00 McMaster
15 9:00-11:00 Hill Park	16 530-730 Hill park 7:00-8:00 Hill Park <i>swim</i>	17 530-7:30 McMaster 4:00-7:00 Hill Park/PJ dryland/swim	18 5:30-7:30 Hill Park 530-630 <i>Dryland</i>	19 5:30-7:30 Hill Park	20 5:30-7:00 McMaster <b>SR only</b>	21 6:00-9:00 McMaster
22 9:00-11:00 Hill Park	23 530-730 Hill park 7:00-8:00 Hill Park <i>swim</i>	24 530-7:30 McMaster 4:00-7:00 Hill Park/PJ dryland/swim	25 5:30-7:30 Hill Park 530-630 <i>Dryland</i>	26 5:30-7:30 Hill Park	27 5:30-7:00 McMaster <b>SR only</b>	28 6:00-9:00 McMaster
29 8:00-10:00 McMaster	30 530-730 Hill park 7:00-8:00 Hill Park <i>swim</i>	1 530-7:30 McMaster 4:00-7:00 Hill Park/PJ dryland/swim	2 5:30-7:30 Hill Park 530-630 <i>Dryland</i>	3 5:30-7:30 Hill Park	4 5:30-7:00 McMaster <b>SR only</b>	5 6:00-9:00 McMaster

**Notes:** Coach Carmen Thorburn

**Junior group will swim their AM practices from 5:30 to 7 am and Sunday's 2 hours ONLY**

**Dryland on Wednesday is for both JR and SR, but only senior will swim after.**