

2017-2018

Senior/Junior - March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 7:00-10:00 Hill Park	26 5:30-7:30 Hill Park 5:30-8:00 Hill Park/PJ <i>Dryland/swim</i>	27 4:00-7:00 Hill Park/PJ dryland/swim	28 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson</i> <i>senior only</i>	1 5:30-7:30 Hill Park Provincials	2 5:30-7:00 McMaster Provincials OFF	3 OFF Provincials
4 7:00-10:00 Hill Park Provincials	5 5:30-7:30 Hill Park 5:30-8:00 Hill Park/PJ <i>Dryland/swim</i>	6 4:00-7:00 Hill Park/PJ dryland/swim	7 5:30-7:30 Hill Park 6:00-8:00 <i>Ryerson</i> <i>senior only</i>	8 5:30-7:30 Hill Park	9 OFF 7:00-8:00 Hill Park	10 OFF
11 7:00-10:00 Hill Park	12 SAN DIEGO	13 SAN DIEGO	14 SAN DIEGO	15 SAN DIEGO	16 SAN DIEGO	17 SAN DIEGO
18 SAN DIEGO	19 SAN DIEGO	20 5:30-7:30 McMaster 5:30-6:30 Dryland. PJ	21 6:00-8:00 <i>Ryerson</i> JR/SR	22 5:30-7:30 McMaster	23 5:30-7:30 McMaster 5:30-6:30 Ancaster	24 6:00-9:00 McMaster Swimathon
25 8:00-10:00 McMaster	26 TBD 6:30-7:30 Ancaster	27 5:30-7:30 McMaster 5:45-7:15 Ancaster	28 5:30-7:30 Dundas pool	29 5:30-7:30 McMaster	30 OFF GOOD FRIDAY	31 6:00-9:00 McMaster
1 9:00-12:00 Dundas Pool	2 OFF EASTER MONDAY	3 5:30-7:30 McMaster 5:30-6:30 Dryland. PJ	4 5:30-7:30 Dundas pool	5 5:30-7:30 McMaster	6 HAC Invitational Meet	7 HAC Invitational Meet

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 at 4:30 for both JR and SR, but only senior will swim after.