

2017-2018

Level 4 - March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 8:00-10:00 Hill Park	26 5:30-7:30 Hill Park Dryland 530-630 <i>PJ</i>	27 4:00-7:00 Hill Park dryland/swim	28 5:30-7:30 Hill Park	1 5:30-7:30 PL	2 5:30-7:00 McMaster	3 OFF
4 8:00-10:00 Hill Park	5 5:30-7:30 Hill Park Dryland 530-630 <i>PJ</i>	6 4:00-7:00 Hill Park dryland/swim	7 5:30-7:30 Hill Park	8 5:30-7:30 PL	9 5:30-7:30 McMaster	10 OFF
11 8:00-10:00 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. <i>PJ</i>	21 OFF	22 5:30-7:30 McMaster	23 5:30-7:00 McMaster	24 6:00-9:00 McMaster Swimathon
25 8:00-10:00 McMaster	26 5:00-6:00 Dundas Pool	27 5:30-7:30 McMaster 4:30-5:30 Dryland. <i>PJ</i>	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. <i>PJ</i>	4 5:30-7:30 Dundas pool	5 5:30-7:30 McMaster	6 HAC Invitational Meet	7 HAC Invitational Meet

Notes: Coach Susana Escobar