

**HAC Novice3 (N3) (3 practices/week)  
March 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RED/BLUE TBD	2 WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm GOLD Hill Park 7-8 pm	3 OFF
4 BLACK, RED & BLUE Central 8:30-9:30am GOLD & WHITE Central 9:30-10:30am	5 RED Ryerson 7-8 pm GOLD Hill Park 7-8 pm	6 BLUE J.Thompson 7-8 pm	7 WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm	8 RED/BLUE TBD	9 WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm GOLD Hill Park 7-8 pm	10 OFF
11 March Break OFF	12 March Break OFF	13 March Break OFF	14 March Break OFF	15 March Break OFF	16 March Break OFF	17 March Break OFF
18 BLACK, RED & BLUE Central 8:30-9:30am GOLD & WHITE Central 9:30-10:30am	19 RED/BLUE Ryerson 7-8 pm GOLD Ancaster 6:30-7:30pm	20 OFF	21 WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm	22 RED/BLUE TBD	23 WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm GOLD Ancaster 5:30-6:30pm	24 Swim-a-thon @ Ancaster A.C. 7:30-9:30am  HAC Spring Invt'l scratch deadline
25 ALL N3 Central 8:30-9:30am	26 RED/BLUE Ryerson 7-8 pm GOLD Ancaster 6:30-7:30pm	27 OFF	28 WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm	29 RED/BLUE TBD	30 Good Friday OFF	31 OFF
1-Apr Easter Sunday OFF	2-Apr Easter Monday OFF	3-Apr OFF	4-Apr WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm	5-Apr RED/BLUE Dalewood 6:30-7:30pm	6-Apr WHITE MacNab St YWCA 6-7 pm BLACK MacNab St YWCA 7-8 pm GOLD TBD	7-Apr HAC Spring Invitational @ McMaster Apr 7&8 sessions TBD

**NOTES:**

\*Black, Gold, Red, White or Blue group is selected upon registration, any subsequent changes must get coaches approval 1st  
Dalewood is expected to be closed now for rest of March - alternative To Be Determined - Please attend Friday as previously emailed  
until further notice

Mar 12-18 - OFF for March Break

As of Mar 19, Jimmy Thompson will be closed for the rest of the season, Blue group will no longer swim Tues but merge with Red on  
Monday at Ryerson 7-8pm

Hill Park is closed for 3 weeks starting Mar 19, during this closure Gold group will have the following make-ups:

- Mar 19 @ Ancaster pool from 6:30-7:30pm
- Mar 23 @ Ancaster pool from 5:30-6:30pm
- Mar 26 @ Ancaster pool from 6:30-7:30pm
- Apr 6 - TBD

Mar 24 - Swim-a-thon @ Ancaster Aquatic Centre 7:30-9:30am

Mar 25 - All N3s will practice from 8:30-9:30am

Mar 30, Apr 1 & Apr 2 - OFF for Good Friday & Easter Sunday & Monday - Enjoy!

Apr 6 & 7 - HAC Spring Invt'l @ McMaster - sessions TBD

**RSVP deadlines:**

Please notify Melanie by the Mar 24th scratch deadline if not attending the HAC Spring Invt'l meet on Apr 7-8 to avoid fees