

2017-2018

Senior/Junior - May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 8:00-10:00 McMaster	30 530-730 Hill park 5:30-8:00 PJ/HP <i>Dry/Swim</i>	1 530-7:30 <u>McMaster</u> 4:00-6:30 Hill Park/PJ dryland/swim	2 5:30-7:30 Hill Park 5:30-6:30 <i>Dryland</i>	3 5:30-7:30 Hill Park	4 7:00-8:00 Hill Park	5 6:00-9:00 McMaster
6 9:00-11:00 Hill Park	7 530-730 Hill park 5:30-8:00 PJ/HP <i>Dry/Swim</i>	8 5:30-7:30 am McMaster 4:00-6:30 Hill Park/PJ dryland/swim	9 5:30-7:30 Hill Park 5:30-6:30 <i>Dryland</i>	10 5:30-7:30 Hill Park	11 JACK MAC	12 JACK MAC
13 JACK MAC	14 OFF 5:30-8:00 PJ/HP <i>Dry/Swim</i>	15 5:30-7:30 am McMaster 4:00-6:30 Hill Park/PJ dryland/swim	16 5:30-7:30 Hill Park 5:30-6:30 <i>Dryland</i>	17 5:30-7:30 Hill Park HICKEN	18 HICKEN	19 HICKEN
20 HICKEN	21 OFF VICTORIA DAY	22 5:30-7:30 am McMaster 4:00-6:30 Hill Park/PJ dryland/swim	23 5:30-7:30 Hill Park 5:30-6:30 <i>Dryland</i>	24 5:30-7:30 Hill Park	25 5:30-7:00 McMaster <u>SR only</u>	26 6:00-9:00 McMaster
27 9:00-11:00 Hill Park	28 530-730 Hill park 5:30-8:00 PJ/HP <i>Dry/Swim</i>	29 5:30-7:30 am McMaster 4:00-6:30 Hill Park/PJ dryland/swim	30 5:30-7:30 Hill Park 5:30-6:30 <i>Dryland</i>	31 5:30-7:30 Hill Park AGI	1 AGI	2 AGI

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.