

2017-2018

Senior/Junior - June 2018

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

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.