



DRYLAND TRAINING

Message from Oct 6/2018:

Hello all,

We are pleased to inform you that Pauline Johnson school has become available for us to use.

Dryland will remain at the same time (senior and hybrid groups dryland will change slightly once pool schedule changes next month) as follows:

Tuesday 6-7 pm (recommended for 12 and up = level 2 and 3 gold, level 4, juniors, hybrid and seniors)

Wednesday 6-7 pm (recommended for 12 and under level 1 black, level 1 gold, levels 2 and 3 black)

If you have any questions, please reply to:

susana.escobar@outlook.com

Location: Pauline Johnson School North, 25 Hummingbird Lane, Hamilton ON L9A 4B1. <https://goo.gl/maps/mZaLG6EnuuC2>

Enter through the gym door from the parking lot. Parking is available on the corner of Hummingbird and Bobolink.