

# SENIOR - February 2019

Coach: Carmen Thorburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	<b>28</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>29</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>30</b> 5.45 – 7.30 am Hill Park	<b>31</b>  OFF	<b>1</b> 5.30 – 7.30 am McMaster  OFF	<b>2</b>  6.00 – 9.00 am McMaster
<b>3</b>  11.00 – 2.00 pm Hill Park	<b>4</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>5</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>6</b> 5.45 – 7.30 am Hill Park	<b>7</b>  OFF	<b>8</b> 5.30 – 7.30 am McMaster  5.00 – 6.20 pm Dryland	<b>9</b>  6.00 – 8.00 am McMaster
<b>10</b>  11.00 – 2.00 pm Hill Park	<b>11</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>12</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>13</b> 5.45 – 7.30 am Hill Park	<b>14</b>  OFF	<b>15</b> 5.30 – 7.30 am McMaster  5.00 – 6.20 pm Dryland	<b>16</b>  8:00-10:00 Central
<b>17</b>  11.00 – 2.00 pm Hill Park	<b>18</b>  FAMILY DAY OFF	<b>19</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>20</b> 5.45 – 7.30 am Hill Park	<b>21</b>  OFF	<b>22</b> 5.30 – 7.30 am McMaster  5.00 – 6.20 pm Dryland	<b>23</b>  6.00 – 9.00 am McMaster
<b>24</b>  11.00 – 2.00 pm Hill Park	<b>25</b> 5.45 – 7.30 am Hill Park  5.00 – 6.30 pm Central swim.	<b>26</b> 4.00 – 6.00 pm Hill Park swim.  6.15 – 7.00 pm Dryland	<b>27</b> 5.45 – 7.30 am Hill Park	<b>28</b>  PROVINCIALS	<b>1</b>  PROVINCIALS	<b>2</b>  PROVINCIALS