

# LEVEL 4 - February 2019

Coach: Susana Escobar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Joanne Malar	28 5.45 – 7.30 am Hill Park	29 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	30 5.45 – 7.30 am Hill Park	31 OFF	1 Regionals	2 Regionals
3 Regionals	4 OFF	5 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	6 5.45 – 7.30 am Hill Park	7 OFF	8 5.30 – 7.30 am McMaster	9 6.00 – 8.00 am McMaster
10 11.00 – 1.00 pm Hill Park	11 5.45 – 7.30 am Hill Park	12 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	13 5.45 – 7.30 am Hill Park	14 OFF	15 5.30 – 7.30 am McMaster	16 Hammer
17 11.00 – 1.00 pm Hill Park	18 FAMILY DAY OFF	19 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	20 5.45 – 7.30 am Hill Park	21 OFF	22 5.30 – 7.30 am McMaster	23 6:00-8:30 am McMaster
24 11.00 – 1.00 pm Hill Park	25 5.45 – 7.30 am Hill Park	26 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	27 5.45 – 7.30 am Hill Park	28 OFF	1 5.30 – 7.30 am McMaster	2 6:00-8:30 am McMaster