

# HYBRID PERFORMANCE - February 2019

Coach: Carmen Thorburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Joanne Malar	28 5.45 – 7.30 am Hill Park	29 5.30 – 7:00 pm Hill Park swim.	30 5.45 – 7.30 am Hill Park	31 OFF	1 Regionals	2 Regionals
3 Regionals	4 OFF	5 5.30 – 7:00 pm Hill Park swim	6 5.45 – 7.30 am Hill Park	7 OFF	8 OFF	9 6.00 – 7.30 am McMaster
10 1.30 – 3.00 pm Hill Park	11 5.45 – 7.30 am Hill Park	12 5.30 – 7:00 pm Hill Park swim	13 5.45 – 7.30 am Hill Park	14 OFF	15 OFF	16 Hammer
17 1.30 – 3.00 pm Hill Park	18 FAMILY DAY OFF	19 5.30 – 7:00 pm Hill Park swim	20 5.45 – 7.30 am Hill Park	21 OFF	22 OFF	23 6:00-7:30 am McMaster
24 1.30 – 3.00 pm Hill Park	25 5.45 – 7.30 am Hill Park	26 5.30 – 7:00 pm Hill Park swim	27 5.45 – 7.30 am Hill Park	28 OFF	1 OFF	2 6.00 – 7.30 am McMaster