

**HAC Novice3 (N3) (3 practices/week)**  
**March 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WHITE MacNab St YWCA 6-7:30 pm RED MacNab St YWCA 6:30-8 pm GOLD Hill Park 7-8 pm	2 OFF
3 ALL N3s Central 9:30-10:30am	4 BLACK Ryerson 7-8 pm GOLD Hill Park 7-8 pm	5 OFF	6 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm	7 BLACK Dalewood 6:30-7:30pm	8 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm GOLD Hill Park 7-8 pm	9 OFF
10 ALL N3s Central 9:30-10:30am	11 March Break OFF	12 March Break OFF	13 March Break OFF	14 March Break OFF	15 March Break OFF	16 March Break OFF
17 March Break OFF	18 GOLD Ryerson 6-7 pm BLACK Ryerson 7-8 pm	19 OFF	20 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm	21 BLACK Dalewood closed please see allocation split below to Red or White Wed or Fri 6-7 or 7-8	22 GOLD Huntington 6-7 pm WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm	23 Swim-a-thon @ Central 8-10am
24 ALL N3s Central 9:30-10:30am	25 BLACK Ryerson 7-8 pm GOLD Hill Park 7-8 pm	26 OFF	27 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm	28 BLACK Dalewood 6:30-7:30pm	29 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm GOLD Hill Park 7-8 pm	30 OFF
31 ALL N3s Central 9:30-10:30am						

**NOTES:**

\*Black, Gold, Red or White group is selected upon registration, any subsequent changes must get coaches approval 1st

Mar 11-17 - OFF for March Break

Mar 18 - Hill Park is closed, so, Gold will practice at Ryerson from 6-7pm

Mar 21 - Dalewood is closed so Black group will split and swim at the YWCA on MacNab St (downtown) as follows:

- Wed 6-7pm: swimmers with last names starting with A to Go
- Wed 7-8pm: swimmers with last names starting with Gu to Me
- Fri 6-7pm: swimmers with last names starting with Mi to Oz
- Fri 7-8pm: swimmers with last names starting with P to Z

Mar 22 - Hill Park is closed, so, Gold will practice at Huntington from 6-7pm

Mar 23 - Swim-a-thon @ Central Memorial 8-10 am