

LEVEL 4 - March 2019

Coach: Susana Escobar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 – 8.00 am McMaster
3 8:00-10:00 am McMaster	4 5.45 – 7.30 am Hill Park	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 OYJC	8 5.30 – 7.30 am McMaster OYJC	9 6.00 – 8.00 am McMaster OYJC
10 11.00 – 1.00 pm Hill Park OYJC	11 5.45 – 7.30 am Hill Park BARCELONA	12 BARCELONA	13 5.45 – 7.30 am Hill Park BARCELONA	14 OFF BARCELONA	15 5.30 – 7.30 am McMaster BARCELONA	16 6.00 – 8.00 am McMaster BARCELONA
17 8:00-10:00 am McMaster BARCELONA	18 5:00-6:30 PM Central BARCELONA	19 5:30-7:30 am. McMaster Barcelona	20 OFF	21 5:30-7:30 am McMaster	22 5.30 – 7.30 am McMaster	23 6:00-9:00 am McMaster Swimathon
24 8:00-10:00 am McMaster	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	29 5.30 – 7.30 am McMaster	30 6:00-8:00 am McMaster