

LEVEL 2-3 BLACK - March 2019

Coach: Sam Forrester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 8:00-10:00 am McMaster	25 6.00 – 7.30 pm Jimmy Thompson	26 5.30 – 7.00 pm Hill Park	27 6.00 – 7.00 pm PJ - Dryland	28 6.30 – 8.00 pm Jimmy Thompson	1 5.30 – 7.30 am McMaster LEVEL 3 ONLY	2 OFF
3 8:00-10:30 am McMaster Swim/dry	4 6.00 – 7.30 pm Jimmy Thompson	5 5.30 – 7.00 pm Hill Park	6 6.00 – 7.00 pm PJ - Dryland	7 6.30 – 8.00 pm Jimmy Thompson	8 5.30 – 7.30 am McMaster LEVEL 3 ONLY	9 OFF
10 8:00-10:30 am McMaster Swim/dry	11 5:45-7:30 am Hill Park	12 OFF 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 8:00-10:30 am McMaster Barcelona	18 6.00 – 7.30 pm Jimmy Thompson	19 5.30 – 7.30 am McMaster	20 6.00 – 7.00 pm PJ - Dryland	21 6.30 – 8.00 pm Jimmy Thompson	22 5.30 – 7.30 am McMaster LEVEL 3 ONLY	23 6:00-9:00 am McMaster Swimathon
24 8:00-10:30 am McMaster Swim/dry	25 6.00 – 7.30 pm Jimmy Thompson	26 5.30 – 7.00 pm Hill Park	27 6.00 – 7.00 pm PJ - Dryland	28 6.30 – 8.00 pm Jimmy Thompson	29 5.30 – 7.30 am McMaster LEVEL 3 ONLY	30 OFF