

JUNIOR - 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 5:00-6:30 pm Central	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
3 8:00-10:00 am McMaster	4 5.45 – 7.30 am Hill Park 5:00-6:30 pm Central	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 – 8.30 am McMaster OYJC
10 11.00 – 1.00 pm Hill Park OYJC	11 5.45 – 7.30 am Hill Park Barcelona.	12 BARCELONA	13 BARCELONA	14 BARCELONA	15 BARCELONA	16 BARCELONA
17 BARCELONA	18 BARCELONA	19 BARCELONA	20 OFF	21 530-730 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 5:00-6:30 pm Central	26 5:30-7:30 am McMaster 6.00 – 7.00 pm Dryland	27 OFF	28 5:30-7:30 am McMaster	29 5.30 – 7.30 am McMaster	30 6:00-8:30 am McMaster