

# LEVEL 2 GOLD - March 2019

Coach: Melanie Price

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 8.00 – 9.30 am Central	<b>25</b> 5.00 – 6.30 pm Central	<b>26</b> 6.00 – 7.00 pm PJ - Dryland	<b>27</b> 6.30 – 8.00 pm Ryerson	<b>28</b> OFF	<b>1</b> OFF	<b>2</b> 8.00 – 10.00 am Central
3 8.00 – 9.30 am Central	<b>4</b> 5.00 – 6.30 pm Central	<b>5</b> 6.00 – 7.00 pm PJ - Dryland	<b>6</b> 6.30 – 8.00 pm Ryerson	<b>7</b> OFF	<b>8</b> OFF	<b>9</b> 8.00 – 10.00 am Central
10 8.00 – 9.30 am Central	<b>11</b> OFF	<b>12</b> OFF	<b>13</b> 5:45-7:30 AM Hill Park	<b>14</b> OFF	<b>15</b> 530-7:30 am McMaster	<b>16</b> 6.00 – 8.00 am McMaster
17 8.00 – 9.30 am Central	<b>18</b> 5.00 – 6.30 pm Central	<b>19</b> OFF	<b>20</b> 6.30 – 8.00 pm Ryerson	<b>21</b> OFF	<b>22</b> OFF	<b>23</b> 6:00-9:00 am McMaster Swimathon
24 8.00 – 9.30 am Central	<b>25</b> 5.00 – 6.30 pm Central	<b>26</b> 6.00 – 7.00 pm PJ - Dryland	<b>28</b> 6.30 – 8.00 pm Ryerson	<b>28</b> OFF	<b>29</b> OFF	<b>30</b> 8.00 – 10.00 am Central