

LEVEL 1 BLACK - March 2019

Coach: Lisa Hodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 OFF	28 6.00 – 7.30 pm Jimmy Thompson	29 6.30 – 8.00 pm Jimmy Thompson	30 6.00 – 7.00 pm PJ – Dryland Optional	31 6.30 – 8.00 pm Jimmy Thompson	1 OFF	2 OFF
3 OFF	4 6.00 – 7.30 pm Jimmy Thompson	5 6.30 – 8.00 pm Jimmy Thompson	6 6.00 – 7.00 pm PJ – Dryland Optional	7 6.30 – 8.00 pm Jimmy Thompson	8 OFF	9 OFF
10 OFF	11 OFF	12 OFF	13 OFF	14 OFF	15 OFF	16 OFF
17 OFF	18 6.00 – 7.30 pm Jimmy Thompson	19 6.30 – 8.00 pm Jimmy Thompson	20 6.00 – 7.00 pm PJ – Dryland Optional	21 6.30 – 8.00 pm Jimmy Thompson	22 OFF	23 6:00-9:00 McMaster Swimathon
24 OFF	25 6.00 – 7.30 pm Jimmy Thompson	26 6.30 – 8.00 pm Jimmy Thompson	27 6.00 – 7.00 pm PJ – Dryland Optional	28 6.30 – 8.00 pm Jimmy Thompson	29 OFF	30 OFF