

LEVEL 1 GOLD - March 2019

Coach: Mike Butler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 8.00 – 9.30 am Central	25 OFF	26 6.30 – 8.00 pm Jimmy Thompson	27 6.00 – 7.30 pm Ryerson	28 OFF	1 OFF	2 OFF
3 8.00 – 9.30 am Central	4 OFF	5 6.30 – 8.00 pm Jimmy Thompson	6 6.00 – 7.30 pm Ryerson	7 OFF	8 OFF	9 OFF
10 8.00 – 9.30 am Central	11 OFF	12 OFF	13 OFF	14 OFF	15 OFF	16 OFF
17 8:00-9:30 am Central	18 OFF	19 6.30 – 8.00 pm Jimmy Thompson	20 6.00 – 7.30 pm Ryerson	21 OFF	22 OFF	23 6:00-9:00 McMaster Swimathon
24 8.00 – 9.30 am Central	25 OFF	26 6.30 – 8.00 pm Jimmy Thompson	27 6.00 – 7.30 pm Ryerson	28 OFF	29 OFF	30 OFF