

HAC Novice3 (N3) (3 practices/week)
April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BLACK Ryerson 7-8 pm GOLD Hill Park 7-8 pm	2 OFF	3 WHITE Ryerson 6-7 pm RED Ryerson 7-8 pm	4 BLACK Dalewood 6:30-7:30pm	5 WHITE see make-up on Mar 30 RED see make-up on Mar 30 GOLD Hill Park 7-8 pm	6 HAC Spring Invitational @ McMaster PM sessions
7 HAC Spring Invitational @ McMaster PM sessions No N3 practice due to meet	8 BLACK Ryerson 7-8 pm GOLD Hill Park 7-8 pm	9 OFF	10 WHITE Ryerson 6:30-7:30 pm RED Ryerson 7:30-8:30 pm	11 BLACK Dalewood 6:30-7:30pm	12 WHITE - TBC MacNab St YWCA 6-7 pm RED - TBC MacNab St YWCA 7-8 pm GOLD Hill Park 7-8 pm	13 WHITE - back-up Central 8-9am RED - back-up Central 9-10am
14 ALL N3s Central 9:30-10:30am	15 BLACK Ryerson 7-8 pm GOLD Hill Park 7-8 pm	16 OFF	17 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm	18 BLACK Dalewood 6:30-7:30pm	19 Good Friday OFF	20 OFF
21 Easter Sunday OFF	22 Easter Monday OFF	23 OFF	24 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm	25 BLACK Dalewood 6:30-7:30pm	26 WHITE MacNab St YWCA 6-7 pm RED MacNab St YWCA 7-8 pm GOLD Hill Park 7-8 pm	27 OFF
28 ALL N3s Central 9:30-10:30am	29 BLACK Ryerson 7-8 pm GOLD Hill Park 7-8 pm	30 OFF				

NOTES:

*Black, Gold, Red or White group is selected upon registration, any subsequent changes must get coaches approval 1st

Apr 3 - YWCA is closed, so White group will practice at Ryerson from 6-7pm

Apr 3 - YWCA is closed, so Red group will practice at Ryerson from 7-8pm

Apr 5 - YWCA is closed so White group will have their make-up on Saturday Mar 30 at Central from 8-9am

Apr 5 - YWCA is closed so Red group will have their make-up on Saturday Mar 30 at Central from 9-10am

Apr 6 & 7 - HAC Spring Invt'l @ McMaster - N3s are in the afternoon sessions

Apr 7 - No N3 practice due to meet

Apr 10 - YWCA is closed, so White group will practice at Ryerson from 6:30-7:30pm

Apr 10 - YWCA is closed, so Red group will practice at Ryerson from 7:30-8:30pm

Apr 12 - YWCA may be closed, if so White group will have their make-up on Saturday Apr 13 at Central from 8-9am

Apr 12 - YWCA may be closed, if so Red group will have their make-up on Saturday Apr 13 at Central from 9-10am

Apr 19, 21 & 22 - OFF for Good Friday & Easter Sunday & Monday - Enjoy!