

LEVEL 2-3 BLACK - APRIL 2019

Coach: Sam Forrester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 8:00-10:30 am McMaster	1 6.00 – 7.30 pm Jimmy Thompson	2 5.30 – 7.00 pm Hill Park	3 6.00 – 7.00 pm PJ - Dryland	4 6.30 – 8.00 pm Jimmy Thompson	5 HAC INV	6 HAC INV
7 HAC INV	8 6.00 – 7.30 pm Jimmy Thompson	9 5.30 – 7.00 pm Hill Park	10 6.00 – 7.00 pm PJ - Dryland	11 OFF	12 5.30 – 7.30 am McMaster LEVEL 3 ONLY	13 6:00-7:30 am McMaster
14 9:00-11:30 McMaster Swim/dry	15 6.00 – 7.30 pm Jimmy Thompson	16 5.30 – 7.00 pm Hill Park	17 6.00 – 7.00 pm PJ - Dryland	18 6.30 – 8.00 pm Jimmy Thompson	19 OFF GOOD FRIDAY	20 6:00-7:30 am McMaster
21 1:00-3:00 Hill Park	22 OFF EASTER MONDAY	23 5.30 – 7.00 pm Hill Park	24 6.00 – 7.00 pm PJ - Dryland	25 6.30 – 8.00 pm Jimmy Thompson	26 5.30 – 7.30 am McMaster LEVEL 3 ONLY	27 SUDBURY
28 SUDBURY	29 6.00 – 7.30 pm Jimmy Thompson	30 5.30 – 7.00 pm Hill Park	1 6.00 – 7.00 pm PJ - Dryland	2 6.30 – 8.00 pm Jimmy Thompson	3 5.30 – 7.30 am McMaster LEVEL 3 ONLY	4 OFF