

LEVEL 3 GOLD - APRIL 2019

Coach: Susana Escobar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 1.00 – 3.00 pm Hill Park	1 5.45 – 7.30 am Hill Park	2 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	3 5.45 – 7.30 am Hill Park	4 OFF	5 HAC INV	6 HAC INV
7 HAC INV	8 5.45 – 7.30 am Hill Park	9 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	10 5.45 – 7.30 am Hill Park	11 OFF	12 OFF	13 6.00 – 8.00 am McMaster
14 1.00 – 3.00 pm Hill Park	15 5:45-7:30 am Hill Park	16 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	17 5:45-7:30 am Hill Park	18 OFF	19 OFF GOOD FRIDAY	20 6.00 – 8.00 am McMaster
21 1.00 – 3.00 pm Hill Park	22 OFF EASTER MONDAY	23 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	24 5:45-7:30 am Hill Park	25 OFF	26 OFF	27 6:00-8:00 am McMaster
28 1.00 – 3.00 pm Hill Park	29 5.45 – 7.30 am Hill Park	30 4.00 – 5.30 pm Hill Park swim. 6.00 – 7.00 pm Dryland	1 5.45 – 7.30 am Hill Park	2 OFF	3 OFF WINDSOR	4 6.00 – 8.00 am McMaster WINDSOR