

LEVEL 4 - APRIL 2019

Coach: Susana Escobar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 11.00 – 1.00 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 5.30 – 7.30 am McMaster	13 6.00 – 8.00 am McMaster
14 11.00 – 1.00 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 11.00 – 1.00 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 5.30 – 7.30 am McMaster	27 6:00-8:00 am McMaster
28 11.00 – 1.00 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 5.30 – 7.30 am McMaster WINDSOR	4 6:00-8:00 am McMaster WINDSOR