

SENIOR - April 2019

Coach: Carmen Thorburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 12.30 – 3.00 pm Hill Park	1 5.45 – 7.30 am Hill Park 5.00 – 6.30 pm Central swim.	2 5:30-7:30 am McMaster 4:00-7:00 pm Hill Park/PJ <i>Swim/Dryland</i>	3 OFF Trials	4 5:30-7:30 am McMaster OFF	5 5.30 – 7.30 am McMaster Trials HAC INV	6 HAC INV
7 HAC INV Trials	8 5.45 – 7.30 am Hill Park 5.00 – 6.30 pm Central swim.	9 5:30-7:30 am McMaster 4:00-7:00 pm Hill Park/PJ <i>Swim/Dryland</i>	10 OFF	11 5:30-7:30 am McMaster OFF	12 5.30 – 7.30 am McMaster <i>5.00 – 6.20 pm</i> <i>Dryland</i>	13 6.00 – 9.00 am McMaster
14 11.00 – 2.00 pm Hill Park	15 5.45 – 7.30 am Hill Park 5.00 – 6.30 pm Central swim.	16 5:30-7:30 am McMaster 4:00-7:00 pm Hill Park/PJ <i>Swim/Dryland</i>	17 OFF	18 5:30-7:30 am McMaster OFF	19 OFF GOOD FRIDAY	20 6.00 – 9.00 am McMaster
21 11.00 – 2.00 pm Hill Park	22 OFF EASTER MONDAY	23 5:30-7:30 am McMaster 4:00-7:00 pm Hill Park/PJ <i>Swim/Dryland</i>	24 OFF	25 5:30-7:30 am McMaster OFF	26 5.30 – 7.30 am McMaster <i>5.00 – 6.20 pm</i> <i>Dryland</i>	27 6.00 – 9.00 am McMaster
28 11.00 – 2.00 pm Hill Park	29 5.45 – 7.30 am Hill Park 5.00 – 6.30 pm Central swim.	30 5:30-7:30 am McMaster 4:00-7:00 pm Hill Park/PJ <i>Swim/Dryland</i>	1 OFF	2 5:30-7:30 am McMaster OFF	3 5.30 – 7.30 am McMaster <i>5.00 – 6.20 pm</i> <i>Dryland</i>	4 6.00 – 9.00 am McMaster