

HYBRID PERFORMANCE - APRIL 2019

Coach: Carmen Thorburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 12:30-2:00PM Hill Park	1 5.45 – 7.30 am Hill Park	2 4:00-5:30 Hill Park swim.	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 Hill Park swim.	10 5.45 – 7.30 am Hill Park	11 OFF	12 OFF	13 6.00 – 7.30 am McMaster
14 11:00-12:30 HILL PARK	15 5.45 – 7.30 am Hill Park	16 4:00-5:30 Hill Park swim.	17 5.45 – 7.30 am Hill Park	18 OFF	19 OFF GOOD FRIDAY	20 6.00 – 7.30 am McMaster
21 11:00-12:30 HILL PARK	22 OFF EASTER MONDAY	23 4:00-5:30 Hill Park swim.	24 5.45 – 7.30 am Hill Park	25 OFF	26 OFF	27 6:00-7:30 am McMaster
28 11:00-12:30 HILL PARK	29 5.45 – 7.30 am Hill Park	30 4:00-5:30 Hill Park swim.	1 5.45 – 7.30 am Hill Park	2 OFF	3 OFF	4 6.00 – 7.30 am McMaster