



# April 2010

# Age Group 1 Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 March	29  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	30	31  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	1 April	2  Good Friday No Swimming	3  No Swimming
4 No Swimming	5 Easter Monday No Swimming	6	7  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	8	9 2010 Future Stars Camp with Annamay Pierse, April 9-11  On Deck 4:30-4:45 Pool 4:45-6:15	10 Dry 6:15– 06:30 Pool 6:30-8:30  2010 Future Stars Camp with Annamay Pierse, April 9-11
11	12  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	13	14  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	15	16  Prospects West Camp & Swim Meet April 16-18  Pool 4:15-6:15	17 Pool 6:00-7:00AM  Prospects West Camp & Swim Meet April 16-18
18	19  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	20	21 Elementary School Meet  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	22	23  Training with Patrick 4:00-4:30PM On Deck 4:30-4:45 Pool 4:45-6:15	24  Vernon Kokanee Spring Invitational Swim Meet
25 VKSC Spring Inv	26 OFF	27	28  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	29	30  Training with Patrick 4:00-4:30PM On Deck 4:30-4:45 Pool 4:45-6:15	1 May Dry 6:15– 06:30 Pool 6:30-8:30