



## March 2010

## AG1 –Work out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1 March  Dry 4:45 – 5:00 Pool 5:00 - 6:30	2	3 AAA Swimmers Depart for Victoria  Dry 4:45 – 5:00 Pool 5:00 - 6:30	4 AAA's Victoria	5 AAA's Victoria  Dry 4:45 – 5:00 Pool 5:00 - 6:30	6 AM OFF  AAA's Victoria
7  AAA's Victoria	8  Spring Break No Swimming	9  Spring Break No Swimming	10  Spring Break No Swimming	11  Spring Break No Swimming	12  Spring Break No Swimming	13  Spring Break No Swimming
14  Spring Break No Swimming	15  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	16	17  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	18	19  Training with Patrick 4:00-4:30PM On Deck 4:45-5:00 Pool 5:00 - 6:30	20 Dry 6:15– 06:30 Pool 6:30-8:30
21	22  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	23	24  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	25	26  Training with Patrick 4:00-4:30PM On Deck 4:45-5:00 Pool 5:00 - 6:30	27 Dry 6:15– 06:30 Pool 6:30-8:30
28	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