



## May 2010

## Age Group 1 – Work out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 May	3 Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	4	5 Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	6	7 Kelowna Inv (LCM)	8 Kelowna Inv (LCM)
9 Kelowna Inv (LCM)	10 OFF	11	12 Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	13	14 On Deck 3:30-3:45PM Pool 3:45-4:45PM	15 Pool 6:00-7:45AM
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 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	20	21 Training with Patrick 4:00-4:30PM On Deck 4:45-5:00 Pool 5:00 - 6:30	22 Dry 6:15- 06:30 Pool 6:30-8:30
23	24 Victoria Day Holiday	25	26 Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	27	28 Pool 3:45-5:15 PIZZA 5:15-6:00PM	29 WARM UP & POOL SET UP Pool 6:30-8:30  DISTANCE TIME TRIAL 9:00 – 11:00 RACING
30	31 On Deck 4:45-5:00 Pool 5:00 - 6:30	1 (June)	2 On Deck 4:45-5:00 Pool 5:00 - 6:30	3	4 June Classic	5 June Classic