



## April 2010

## Age Group 2 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  Dry 3:45-4:00 Pool 4:00 – 6:00	31 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	1 April  Dry 3:45-4:00 Pool 4:00 – 6:00	2  Good Friday No Swimming	3  No Swimming
4 No Swimming	5 Easter Monday No Swimming	6  Dry 3:45-4:00 Pool 4:00 – 6:00	7 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	8  Dry 3:45-4:00 Pool 4:00 – 6:00	9  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  Dry 3:45-4:00 Pool 4:00 – 6:00	14 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	15  Dry 3:45-4:00 Pool 4:00 – 6:00	16  Prospects West Camp & Swim Meet April 16-18  Pool 4:15-6:15	17 Pool 6:00-7:00  Prospects West Camp & Swim Meet April 16-18 Swim Meet 3:00-7:00PM
18	19  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	20  Dry 3:45-4:00 Pool 4:00 – 6:00	21 Dry 6:00-6:15AM Pool 6:15-7:30AM Elementary School Meet Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	22  Dry 3:45-4:00 Pool 4:00 – 6:00	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  Dry 3:45-4:00 Pool 4:00 – 6:00	28 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	29  Dry 3:45-4:00 Pool 4:00 – 6:00	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