



March 2010

Novice –Work out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1 March On Deck 3:30 Pool 3:45-4:45	2	3 On Deck 3:30 Pool 3:45-4:45	4	5 On Deck 3:30 Pool 3:45-4:45	6
7	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 On Deck 3:30 Pool 3:45-4:45	16	17 On Deck 3:30 Pool 3:45-4:45	18	19 On Deck 3:30 Pool 3:45-4:45	20
21	22 On Deck 3:30 Pool 3:45-4:45	23	24 On Deck 3:30 Pool 3:45-4:45	25	26 On Deck 3:30 Pool 3:45-4:45	27
28	29 On Deck 3:30 Pool 3:45-4:45	30	31 On Deck 3:30 Pool 3:45-4:45	1 April	2 Good Friday No Swimming	3 No Swimming