



## March 2010

## SR1 –Work out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1 March	2  Pool 6:00-7:30PM	3 AAA Swimmers Depart for Victoria	4  AAA's Victoria  Pool 6:00-7:30PM	5  Train with AG2 On Deck 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	16  Pool 6:00-7:30PM	17	18  Pool 6:00-7:30PM	19  Pool 6:00-7:30PM	20  Pool 8:45-10:15 AM
21	22	23  Pool 6:00-7:30PM	24	25  Pool 6:00-7:30PM	26  Pool 6:00-7:30PM	27  Pool 8:45-10:15 AM
28	29	30  Pool 6:00-7:30PM	31	1 April  Pool 6:00-7:30PM	2  Good Friday No Swimming	3  No Swimming