



**June 2010**

**Senior Work – out Times**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 May	31  Dry 4:00 – 4:15 Pool 4:15 - 6:30	1 June  Pool 4:00 – 6:00 No Wts	2 AM Off  Dry 4:00 – 4:15 Pool 4:15 - 6:30	3  Pool 4:00 – 5:30 No Wts	4  June Classic	5  June Classic
6  June Classic	7  OFF	8  OFF	9 Dry 0600 – 0615 Pool 0615 - 0730  Dry 4:00 – 4:15 Pool 4:15 - 6:30	10  Pool 4:00 – 6:00 Wts 6:15 – 7:00	11 Dry 0600–615 Pool 0615 - 0730  Pool 4:00 – 6:00	12 Dry 06:15 – 06:30 Pool 06:30 – 08:30 (No Wts)
13	14  Dry 4:00 – 4:15 Pool 4:15 - 6:30	15  Pool 4:00 – 6:00 Wts 6:15 – 7:00	16 Dry 0600– 0615 Pool 0615 - 0730 Team Awards Banquet Start at 5:00 pm	17  Pool 4:00 – 6:00 Wts 6:15 – 7:00	18 Dry 0600–615 Pool 0615 - 0730  Pool 4:00 – 6:00	19 Dry 06:15 – 06:30 Pool 06:30 – 08:30 (No Wts)
20	21  Dry 4:00 – 4:15 Pool 4:15 - 6:30	22  Pool 4:00 – 6:00 No Wts	23 AM OFF  Dry 4:00 – 4:15 Pool 4:15 - 6:30	24 Depart for AA's  Pool 4:00 – 6:00 No Wts	25 Dry 0600 – 0615 Pool 0615 - 0730 AA's Surrey  Pool 4:00 – 6:00	26 Dry 06:15 – 06:30 Pool 06:30 – 08:30 (No Wts) AA's Surrey
27 AA's Surrey	28  Dry 4:00 – 4:15 Pool 4:15 - 6:30	29  Dry 3:40 – 4:00 Pool 4:00 – 6:00	30 Dry 0600 – 0615 Pool 0615 - 0730  PM OFF	1 July Canada Day OFF	2 AM OFF  Pool 4:00 – 6:00	3 Dry 06:15 – 06:30 Pool 06:30 – 08:30 (No Wts)