



March 2010

Senior Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1 March Dry 4:45 – 5:00 Pool 5:00 - 6:30	2 Pool 4:00 – 6:00 No Wts	3 Pool 6:30 - 7:30 Depart for Victoria Dry 4:45 – 5:00 Pool 5:00 - 6:30	4 AAA's Victoria Pool 4:15 - 6:00	5 AAA's Victoria Pool 5:00 - 6:30 pm	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 Dry 4:00 – 4:15 Pool 4:15 - 6:30	16 Pool 4:00 – 6:00 Wts 6:15 – 7:00	17 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	18 Pool 4:00 – 6:00 Wts 6:15 – 7:00	19 Dry0600–615 Pool 0615 - 0730 Pool 4:00 – 6:00	20 Dry 06:00 – 06:10 Pool 06:10 – 08:30 Dry 08:45 – 09:45
21	22 Dry 4:00 – 4:15 Pool 4:15 - 6:30	23 Pool 4:00 – 6:00 Wts 6:15 – 7:00	24 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	25 Pool 4:00 – 6:00 Wts 6:15 – 7:00	26 Dry0600–615 Pool 0615 - 0730 Pool 4:00 – 6:00	27 Dry 06:00 – 06:10 Pool 06:10 – 08:30 Dry 08:45 – 09:45
28	29 Dry 4:00 – 4:15 Pool 4:15 - 6:30	30 Pool 4:00 – 6:00 Wts 6:15 – 7:00	31 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	1 April Pool 4:00 – 6:00 Wts 6:15 – 7:00	2 Good Friday No Swimming	3 No Swimming