



May 2010

Senior Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 May	3 Dry 4:00 – 4:15 Pool 4:15 - 6:00	4 Pool 4:00 – 6:00 Wts 6:15 – 7:00	5 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	6 Pool 4:00 – 6:00 Wts 6:15 – 7:00	7 Kelowna Inv (LCM)	8 Kelowna Inv (LCM)
9 Kelowna Inv (LCM)	10 OFF	11 Pool 4:00 – 6:00 Wts 6:15 – 7:00	12 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	13 Pool 4:00 – 6:00 Wts 6:15 – 7:00	14 Dry0600–615 Pool 0615 - 0730 Pool 3:45– 4:45	15 Pool 06:00 – 07:45 am <b>(Pool time is reduced this weekend due to a Synchro Meet)</b>
16	17 Dry 4:00 – 4:15 Pool 4:15 - 6:00	18 Pool 4:00 – 6:00 Wts 6:15 – 7:00	19 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	20 Pool 4:00 – 6:00 Wts 6:15 – 7:00	21 Dry0600–615 Pool 0615 - 0730 Pool 3:30 – 6:00 Thunder Dome!!	22 Dry 06:00 – 06:10 Pool 06:10 – 08:30
23	24 Victoria Day Holiday	25 Pool 4:00 – 6:00 No Wts	26 Dry 0600 – 0615 Pool 0615 - 0730 Dry 4:00 – 4:15 Pool 4:15 - 6:30	27 Pool 4:00 – 6:00 No Wts	28 Am Off Mel Zajac Pizza Nite Pool 3:45 – 5:15 Pizza 5:15 to 6:00	29 Dry 06:15 – 06:30 Pool 06:30 – 08:30 Distance Time Trial 8:00 - 8:45 am Warm-up 9:00 am - noon Mel Zajac
30 Mel Zajac	31 Zajac - Group Off) Dry 4:45 – 5:00 Pool 5:00 - 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 JuneClassic