**Junior National January 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  | 1  ***Happy New Year!***  **No Swim Practice** | 2  7:00-10:00am  UT  3:30-6:00pm  UT | 3  7:00-10:00am  UT  3:30-6:00pm  UT |
| 4  7:00-10:00am  UT | 5  5:30-7:30am  UT  4:30-6:30pm Harbord | 6  5:30-7:30am  UT | 7  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 8  5:00-7:00pm Riverdale | 9  5:30-7:30am  UT  5:00-7:00pm Riverdale | 10  5:30-9:00am  UT |
| 11 | 12  5:30-7:30am UT  4:30-6:30pm Harbord | 13  5:30-7:30am  UT | 14  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 15  **MAC Winter Invitational** | 16  **TSC Winter Cup/ MAC Winter Invitational** | 17  **TSC Winter Cup/ MAC Winter Invitational** |
| 18  **MAC Winter Invitational** | 19  **am/pm OFF** | 20  5:30-7:30am  UT | 21  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 22  5:00-7:00pm Riverdale | 23  5:30-7:30am UT  5:00-7:00pm Riverdale  **Cindy Nicholas Swim Classic** | 24  **Cindy Nicholas Swim Classic** |
| 25  ***Cindy Nicholas Swim Classic*** | 26  5:30-7:30am  UT  4:30-6:30pm Harbord | 27  5:30-7:30am  UT | 28  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 29  5:00-7:00pm Riverdale | 30  5:30-7:30am  UT  **Time Trial**  **4:30-7:00pm Riverdale** | 31  5:30-9:00am  UT |

**Junior National February 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 1 | 2  5:30-7:30am  UT  4:30-6:30pm Harbord | 3  5:30-7:30am  UT  5:00-7:00pm  UT | 4  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 5  **4:00-6:00pm UT**  **2015 Central Region SC Championships** | 6  5:30-7:30am  UT  **4:00-6:00pm UT**  **2015 Central Region SC Championships** | 7  7:30-10:00am UT  **2015 Central Region SC Championships** |
| 8  **2015 Central Region SC Championships** | 9  **AM OFF**  4:30-6:30pm Harbord | 10  5:30-7:30am UT | 11  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 12  5:00-7:00pm Riverdale | 13  5:30-7:30am  UT  5:00-7:00pm Riverdale | 14  5:30-9:00am UT |
| 15 | 16  **Family Day**  **10:00am-12:00pm UT** | 17  5:45-7:30am UT | 18  5:45-7:30am  UT (weights)  4:30-7:00pm  UT  **Depart for Quebec City** | 19  **4:00-6:00pm UT**  **2015 Speedo Eastern Canadian Open** | 20  5:30-7:30am  UT  **4:00-6:00pm UT**  **2015 Speedo Eastern Canadian Open** | 21  7:30-10:00am UT  **2015 Speedo Eastern Canadian Open** |
| 22  **2015 Speedo Eastern Canadian Open** | 23  6:00-7:30am  UT  4:30-6:30pm Harbord | 24  6:00-7:30am  UT | 25  **Depart for Brantford** | 26  **Ontario Age Group Championships 2015** | 27  **Ontario Age Group Championships 2015** | 28  **Ontario Age Group Championships 2015** |

**Junior National March 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 1  **Ontario Age Group Championships 2015** | 2  **OFF** | 3  5:30-7:30am UT | 4  5:30-7:30am  UT (swim)  **PM OFF** | 5  5:00-7:00pm Riverdale | 6  5:30-7:30am  UT  **PM OFF** | 7  5:30-9:00am UT |
| 8 | 9  **AM OFF**  4:30-6:30pm Harbord | 10  **6:00-7:30am UT** | 11  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 12  5:00-7:00pm Riverdale | 13  5:30-7:30am  UT  **PM OFF** | 14  **March Break**  **OFF** |
| 15 | 16  **March Break**  **OFF** | 17  **March Break**  **OFF** | 18  **March Break**  **OFF** | 19  **March Break**  **OFF** | 20  **March Break OFF** | 21  **March Break**  **OFF** |
| 22  **March Break**  **OFF** | 23  5:30-7:30am  UT  4:30-6:30pm Harbord | 24  5:30-7:30am UT | 25  5:30-7:30am  UT (weights)  4:30-7:00pm  UT | 26  5:00-7:00pm Riverdale | 27  5:30-7:30am  UT  5:00-7:00pm Riverdale | 28  5:30-9:00am UT |
| 29 | 30  5:30-7:30am  UT  4:30-6:30pm Harbord | 31  5:30-7:30am UT |  |  |  |  |