**National December 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  | 1  5:30-7:30am UT  4:30-7:00pm UT | 2  6:00-7:30am UT (weights –  Non OJI)  4:30-7:00pm UT | 3  **4:00-5:45pm**  **UT** | 4  5:30-7:30am Benson  4:30-7:00pm UT  **Ontario Junior International** | 5  **8:00-10:00am UT**  (Non OJI)  **Ontario Junior International** |
| 6  **Ontario Junior International** | 7  4:30-7:00pm UT | 8  **AM OFF**  4:30-6:30pm UT | 9  **AM OFF**  4:30-6:30pm UT | 10  **Ontario Winter SC Championships** | 11  **Ontario Winter SC Championships** | 12  **Ontario Winter SC Championships** |
| 13  **Ontario Winter SC Championships** | 14  **OFF** | 15  5:30-7:30am UT  4:30-7:00pm UT | 16  6:00-7:30am UT (weights)  4:30-7:00pm UT | 17  4:00-6:00pm  UT or  5:00-7:00pm  Riverdale | 18  6:00-7:30am UT (weights/swim)  4:30-7:00pm UT | 19  8:00-10:00am  UT |
| 20  No Practice  Happy Holidays | 21  No Practice  Happy Holidays | 22  No Practice  Happy Holidays | 23  No Practice  Happy Holidays | 24  No Practice  Happy Holidays | 25  No Practice  Happy Holidays | 26  No Practice  Happy Holidays |
| 27  No Practice  Happy Holidays | 28  6:00-9:00am Benson | 29  8:00-10:00am UT  3:30-6:00pm UT | 30  8:00-10:00am UT  3:30-6:00pm UT | 31  8:00-10:00am UT |  |  |