**Senior 1 October 2015**

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |   |  |  | 1  | 25:30-7:30am UT   | 36:30-9:00am UT |
| 4 | 55:30-7:30pm Harbord  | 65:30-7:30am UT (weights) 4:30-6:00pm Jarvis  | 75:30-7:30am UT 5:30-7:30pmHarbord   | 8 | 95:30-7:30am UT    | 107:30-10:00am UT  |
| 11 | 12**No Swimming****Thanksgiving**  | 135:30-7:30am UT (weights) 4:30-6:00pm Jarvis  | 145:30-7:30am UT 5:30-7:30pmHarbord  | 15 | 16 5:30-7:30am UT **Downtown Fall Sprint**   | 17**Downtown Fall Sprint** |
| 18 | 195:30-7:30pm Harbord  | 205:30-7:30am UT (weights) 4:30-6:00pm Jarvis  | 215:30-7:30am UT 5:30-7:30pmHarbord  | 22 | 235:30-7:30am UT  | 247:30-10:00am UT  |
| 25 | 265:30-7:30pm Harbord  | 275:30-7:30am UT (weights) 4:30-6:00pm Jarvis  | 285:30-7:30am UT 5:30-7:30pmHarbord  | 29 | 305:30-7:30am UT  | 317:30-10:00amUT  |