

National and Gold 1 groups

← January	~ February 2012 ~						March →
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 5:30-7:30 UT Off	2 off 3:30-6:00 UT or 4:45-7:00 River	3 5:30-7:30 Ben. 4:15-6:30 Jarvis	4 7:30-10:00+ yoga (11:00)	
5	6 5:30-7:30 UT 4:15-6:30 Harb	7 5:30-7:30 UT 4:00-7:00 UT	8 5:30-7:30 UT Off	9 3:30-6:00 UT or 4:45-7:00 River	10 5:30-7:30 Ben 4:15-6:30 UT	11 7:40-10:00+yoga (11:00)	
12 20-30 min easy Swim oyo, feeling good!	13 6:30-7:30 UT UT 4:40-7:00	14 off 4:30-6:45 UT	15 Leave for Easterns	16 Easterns	17 Easterns	18 Easterns	
19 Easterns	20 off 2:30-3:30 UT swim out	21 5:30-7:30 UT 4:00-7:00 UT	22 off 3:50 -6:00 UT 6-7 Fundraiser	23 off 3:50-6:00 UT	24 5:30-7:30 Ben 4:15-6:15 UT	25 7:30-11:00 UT	
26 20-30 min easy swim oyo, feeling good!	27 6:30-7:30 UT UT 4:45-7:00	28 Off 4:15-6:30 UT	29 Leave for Provs.	Notes: Provincials Mar. 1-4 @ Nepean! Monday March 5: off Leave for San Diego March 8 Leave for Olympic Trials March 25			