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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 5 **MAY**  HOBC Meet  Brantford | 6  3:45 – 5:30p | 7  6-7:15a  3:45 – 5:30p | 8  3:45 – 5:30p | 9  6-7:15a  3:45 – 5:30p | 10  3:45 – 5:30p | 11  7-9 a.m.  ROW Meet |
| 12  ROW Meet | 13  3:45 – 5:30p  Multiplex Night 6 p.m. | 14  6-7:15a  3:45 – 5:30p | 15  3:45 – 5:30p | 16  6-7:15a  3:45 – 5:30p | 17  3:45 – 5:30p | 18  6 – 8 a |
| 19 Stay  Active!  C:\Users\Ron\AppData\Local\Microsoft\Windows\INetCache\IE\QZEJ9AVV\149145959[1].jpg | 20  **Victoria**  **Day**  **OFF** | 21  6-7:15a  3:45 – 5:30p | 22  3:45 – 5:30p | 23  6-7:15a  3:45 – 5:30p | 24  3:45 – 5:30p | 25  6 – 9 a  Big One! |
| 26  C:\Users\Ron\AppData\Local\Microsoft\Windows\INetCache\IE\QZEJ9AVV\149145959[1].jpg | 27  3:45 – 5:30p | 28  6-7:15a  3:45 – 5:30p | 29  3:45 – 5:30p | 30  6-7:15a  3:45 – 5:30p | 31  No Practice  Regionals Windsor | 1  **JUNE**  No Practice |
| 2  Regionals Windsor | 3  3:45 – 5:30p | 4  6-7:15a  3:45 – 5:30p | 5  3:45 – 5:30p | 6  6-7:15a  3:45 – 5:30p | 7  3:45 – 5:30p | 8  6 - 8 a |
| 9  C:\Users\Ron\AppData\Local\Microsoft\Windows\INetCache\IE\QZEJ9AVV\149145959[1].jpg | 10  3:45 – 5:30p | 11  6-7:15a  3:45 – 5:30p | 12  3:45 – 5:30p | 13  6-7:15a  3:45 – 5:30p | 14  3:45 – 5:30p | 15 7-9 am  ROW Meet +  Festivals  Markham |
| 16  Festivals  Markham | 17  3:45 – 5:30p | 18  6-7:15a  3:45 – 5:30p | 19  3:45 – 5:30p | 20  6-7:15a  3:45 – 5:30p | 21  3:45 – 5:30p | 22  7-9 a |
| 23C:\Users\Ron\AppData\Local\Microsoft\Windows\INetCache\IE\QZEJ9AVV\149145959[1].jpg | 24  3:45 – 5:30p | 25  6-7:15a  Picnic | 26  3:45 – 5:30p | 27  Provs at TPASC + Jr/Youths at Brantford  3:45 – 5:30p | 28  3:45 – 5:30p | 29  7-9 a |
| 30  Jr/Y Brantford  Provs. TPASC | 1  **JULY**  **Canada Day**  **OFF** | 2  7:15 – 9a  Soper | 3  7:15 – 9a  Soper | 4  7:15 – 9a  Soper  Nova Scotia Champs in Halifax | 5 | 6  LC Meet TBA |
| July 9 – August 2: **Tuesdays, Wednesdays, Thursdays, Fridays,** 7:15 – 9 am | | | | | | |

**Ron’s Groups: May 5 – August 2, 2019**