



November 2019 AG1 Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 Deck 4:15-4:45pm Pool 5:00-6:30pm	29 (October)	30(October) Deck 4:15-4:45pm Pool 5:00-6:30pm	31(October)	1 Deck 4:15-4:45pm Pool 5:00-6:30pm	2 Deck 6:15-6:30am Pool 6:30-8:30am
3 Vernon Kokanees Fall Jamboree	4 Deck 4:15-4:45pm Pool 5:00-6:30pm	5	6 Parent Meeting 6:30pm Deck 4:15-4:45pm Pool 5:00-6:30pm	7	8 Deck 4:15-4:45pm Pool 5:00-6:30pm	9 Deck 6:15-6:30am Pool 6:30-8:30am
10	11 Remembrance Day (swimming off)	12	13 Deck 4:15-4:45pm Pool 5:00-6:30pm	14	15 (No Swimming) Prince George Fall Invitational	16 (No Swimming) Prince George Fall Invitational
17 Prince George Fall Invitational	18 Deck 4:15-4:45pm Pool 5:00-6:30pm	29	20 Deck 4:15-4:45pm Pool 5:00-6:30pm	21	22 Deck 4:15-4:45pm Pool 5:00-6:30pm	23 Deck 6:15-6:30am Pool 6:30-8:30am
24	25 Deck 4:15-4:45pm Pool 5:00-6:30pm	26	27 Deck 4:15-4:45pm Pool 5:00-6:30pm	28	29 Deck 4:15-4:45pm Pool 5:00-6:30pm	30 Deck 6:15-6:30am Pool 6:30-8:30am
1 (December)	2 (December) Deck 4:15-4:45pm Pool 5:00-6:30pm	3 (December)	4 (December) Parent Meeting 6:30pm Deck 4:15-4:45pm Pool 5:00-6:30pm	5 (December)	6 (December) Deck 4:15-4:45pm Pool 5:00-6:30pm	7 (December) Deck 6:15-6:30AM Pool 6:30-7:00AM Club Christmas party/Clinic 7-8AM