



# November 2019

# AG2 Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 Dry 4:15-4:45pm Pool 5:00-6:30pm	29 Deck 3:45-4:00pm Pool 4:00-6:00pm	30 Deck 6:00-6:15am Pool 6:15-7:30am Dry 4:15-4:45pm Pool 5:00-6:30pm	31 Deck 3:45-4:00pm Pool 4:00-6:00pm	1 (November) Dry 4:15-4:45pm Pool 5:00-6:30pm	2 Deck 6:15-6:30am Pool 6:30-8:30am
3	4 Dry 4:15-4:45pm Pool 5:00-6:30pm	5 Deck 3:45-4:00pm Pool 4:00-6:00pm	6 Deck 6:00-6:15am Pool 6:15-7:30am Dry 4:15-4:45pm Pool 5:00-6:30pm	7 <b>Parent Meeting 6:10pm</b> Deck 3:45-4:00pm Pool 4:00-6:00pm	8 Dry 4:15-4:45pm Pool 5:00-6:30pm	9 Deck 6:15-6:30am Pool 6:30-8:30am
10	11 <b>Remembrance Day OFF</b>	12 Deck 3:45-4:00pm Pool 4:00-6:00pm	13 Deck 6:00-6:15am Pool 6:15-7:30am Dry 4:15-4:45pm Pool 5:00-6:30pm	14 Deck 3:45-4:00pm Pool 4:00-6:00pm	15 <b>Prince George Swim Meet</b>	16 <b>Prince George Swim Meet</b>
17 <b>Prince George Swim Meet</b>	18 <b>RECOVERY Pool 5:00-6:30pm</b>	19 <b>RECOVERY OFF</b>	20 <b>OFF (Recovery)</b> Dry 4:15-4:45pm Pool 5:00-6:30pm	21 Deck 3:45-4:00pm Pool 4:00-6:00pm	22 Dry 4:15-4:45pm Pool 5:00-6:30pm	23 Deck 6:15-6:30am Pool 6:30-8:30am
24	25 Dry 4:15-4:45pm Pool 5:00-6:30pm	26 Deck 3:45-4:00pm Pool 4:00-6:00pm	27 Deck 6:00-6:15am Pool 6:15-7:30am Dry 4:15-4:45pm Pool 5:00-6:30pm	28 Deck 3:45-4:00pm Pool 4:00-6:00pm	29 Dry 4:15-4:45pm Pool 5:00-6:30pm	30 Deck 6:15-6:30am Pool 6:30-8:30am
1 (December)	2 Dry 4:15-4:45pm Pool 5:00-6:30pm	3 Deck 3:45-4:00pm Pool 4:00-6:00pm	4 Deck 6:00-6:15am Pool 6:15-7:30am Dry 4:15-4:45pm Pool 5:00-6:30pm	5 <b>Parent Meeting 6:10pm</b> Deck 3:45-4:00pm Pool 4:00-6:00pm	6 Dry 4:15-4:45pm Pool 5:00-6:30pm	7 Deck 6:00-6:10am Pool 6:10-7:00am <b>Club Xmas Party 7:00-8:00am Clinic</b>