



January 2020

JR Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 OFF	30 OFF	31 OFF	(1) January OFF	2 OFF	3 OFF	4 OFF
5 HOLIDAY BREAK ENDS	6 Dry 4:15-4:45pm Pool 5:00-6:30pm	7	8 Deck 3:30-3:45pm Pool 3:45-4:45pm	9	10 Team Building Event Bowling Night	11 Dry 6:15-6:30am S-Pool 6:30-6:50am Pool 6:50-7:45am
12	13 Deck 3:30-3:45pm Pool 3:45-4:45pm	14	15 Deck 3:30-3:45pm Pool 3:45-4:45pm	16	17 Kelowna Swim Meet	18 Kelowna Swim Meet
19 Kelowna Swim Meet	20 Deck 3:30-3:45pm Pool 3:45-4:45pm	21	22 Deck 3:30-3:45pm Pool 3:45-4:45pm	23	24 Deck 3:30-3:45pm Pool 3:45-4:45pm	25 Dry 6:15-6:30am S-Pool 6:30-6:50am Pool 6:50-7:45am
26 KISU Jamboree Penticton 12:00-5:00pm (4:00+ 200m IM)	27 Deck 3:30-3:45pm Pool 3:45-4:45pm	28	29 Deck 3:30-3:45pm Pool 3:45-4:45pm	30	31 Deck 3:30-3:45pm Pool 3:45-4:45pm	1 (February) Dry 6:15-6:30am S-Pool 6:30-6:50am Pool 6:50-7:45am
2	3 Deck 3:30-3:45pm Pool 3:45-4:45pm	4	5 Parent Meeting 4:45pm (Stands) Deck 3:30-3:45pm Pool 3:45-4:45pm	6	7 Deck 3:30-3:45pm Pool 3:45-4:45pm	8 Dry 6:15-6:30am S-Pool 6:30-6:50am Pool 6:50-7:45am