



January 2020 AG1 Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29(December)	30(December) OFF	31(December)	1 OFF	2	3 Deck 3:45-4:00pm Pool 4:00-6:00pm	4 Deck 6:15-6:30am Pool 6:30-8:30am
5	6 Deck 4:45-5:00pm Pool 5:00-6:30pm	7	8 Parent Meeting 6:30pm Deck 4:45-5:00pm Pool 5:00-6:30pm	9	10 BOWLING NIGHT	11 Deck 6:15-6:30am Pool 6:30-8:30am
12	13 Dry 4:15-4:45pm Pool 5:00-6:30pm	14	15 Dry 4:15-4:45pm Pool 5:00-6:30pm	16	17 KELOWNA SWIM MEET	18 KELOWNA SWIM MEET
19 KELOWNA SWIM MEET	20 Dry 4:15-4:45pm Pool 5:00-6:30pm	21	22 Dry 4:15-4:45pm Pool 5:00-6:30pm	23	24 NEW FRIDAY TIMES Dry 4:00-4:30pm Pool 4:45-6:15pm	25 Deck 6:15-6:30am Pool 6:30-8:30am
26	27 Dry 4:15-4:45pm Pool 5:00-6:30pm	28	29 Dry 4:15-4:45pm Pool 5:00-6:30pm	30	31 Dry 4:00-4:30pm Pool 4:45-6:15pm	1(February) Deck 6:15-6:30am Pool 6:30-8:30am
2(February)	3(February) Dry 4:15-4:45pm Pool 5:00-6:30pm	4(February)	5(February) Parent Meeting 6:30pm Dry 4:15-4:45pm Pool 5:00-6:30pm	6(February)	7(February) Dry 4:00-4:30pm Pool 4:45-6:15pm	8(February) Deck 6:15-6:30am Pool 6:30-8:30am