



## January 2020 Novice Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29(December)	30(December)  <b>OFF</b>	31(December)	1  <b>OFF</b>	2	3  <b>OFF</b>	4
5	6  Dry 3:30-3:45pm Pool 3:45-4:45pm	7	8 <b>Parent Meeting 4:45pm</b>  Dry 3:30-3:45pm Pool 3:45-4:45pm	Q	10  <b>BOWLING NIGHT</b>	11
12	13  Dry 3:30-3:45pm Pool 3:45-4:45pm	14	15  Dry 3:30-3:45pm Pool 3:45-4:45pm	16	17  <b>KELOWNA SWIM MEET SWIMMING OFF</b>	18
19	20  Dry 3:30-3:45pm Pool 3:45-4:45pm	21	22  Dry 3:30-3:45pm Pool 3:45-4:45pm	23	24  Dry 3:30-3:45pm Pool 3:45-4:45pm	25
28 <b>KISU Jamboree Penticton 12:00- 5:00pm (4:00+ 200m IM)</b>	27  Dry 3:30-3:45pm Pool 3:45-4:45pm	28	29  Dry 3:30-3:45pm Pool 3:45-4:45pm	30	31  Dry 3:30-3:45pm Pool 3:45-4:45pm	1(February)
2(February)	3(February)  Dry 3:30-3:45pm Pool 3:45-4:45pm	4(February)	5(February) <b>Parent Meeting 4:45pm</b>  Dry 3:30-3:45pm Pool 3:45-4:45pm	6(February)	7(February)  Dry 3:30-3:45pm Pool 3:45-4:45pm	8(February)