



**July 2020**

**Training Group 3 (Ag 1/Jr 1&2/Nv) Work – out Times**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Canada Day  Holiday No Swimming	2	3	4  OFF
5	6 Brock Pool Dry 9:05–9:20 am Pool 9:20-10:00am	7	8 Brock Pool Dry 9:05–9:20 am Pool 9:20-10:00am	9	10 Brock Pool Dry 9:05–9:20 am Pool 9:20-10:00am	11  OFF
12	13 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	14	15 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	16	17 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	18  OFF
19	20 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	21	22 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	23	24 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	25  OFF
26	27 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	28	29 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	30	31 Brock Pool Dry 9:00–9:15 am Pool 9:15-10:00am	1 August