



January 2020

Senior Work – Out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31(January) Happy New Years!!! Pool Closed	1 (January) Happy New Years!!! Pool Closed	2 Dry 06:15 – 0630 Pool 06:30 - 0830 Dry 3:45 – 4:00 Pool 4:00 - 6:00	3 Dry 06:15 – 0630 Pool 06:30 - 0830 Dry 3:45 – 4:00 Pool 4:00 - 6:00	4 Dry 06:00 – 06:10 Pool 06:10 – 8:30 am
5	6 Dry 4:00 – 4:15 Pool 4:15 – 6:30	7 Pool 4:00 – 6:00 No Dryland	8 Dry 0600 – 0615 Pool 6:15 – 7:30 Dry 4:00 – 4:15 Pool 4:15 – 6:30	9 Pool 4:00 – 6:00 Dryland 6:15– 7:00 6:15 Parent Meeting	10 Dry 0600 – 0615 Pool 6:15 – 7:30 Dry 3:45 – 4:00 Pool 4:00 – 6:00	11 Dry 06:00– 06:10 Pool 06:10 – 8:30 am Dryland 8:50 – 9:45 am
12	13 Dry 4:30 – 4:45 Pool 4:45 – 6:30	14 Pool 4:00 – 6:00 Dryland 6:15– 7:00	15 Dry 0600 – 0615 Pool 6:15 – 7:30 Dry 4:00 – 4:15 Pool 4:15 – 6:30	16 Pool 3:45 – 4:45 2500 OYO Depart for KAJ	17 KAJ Swim Meet	18 KAJ Swim Meet
19 KAJ Swim Meet	20 Dry 4:00 – 4:15 Pool 4:15 – 5:45	21 Recovery	22 Recovery Dry 4:00 – 4:15 Pool 4:15 – 6:30	23 Pool 4:00 – 6:00 Dryland 6:15– 7:00	24 Dry 600 – 0615 Pool 6:15 – 7:30 Dry 3:45 – 4:00 Pool 4:00 – 6:00	25 Dry 06:00– 06:10 Pool 06:10 – 8:30 am Dryland 8:50 – 9:45 am
26	27 Dry 4:00 – 4:15 Pool 4:15 – 6:30	28 Pool 4:00 – 6:00 Dryland 6:15– 7:00	29 Dry 0600 – 0615 Pool 6:15 – 7:30 Dry 4:00 – 4:15 Pool 4:15 – 6:30	30 Pool 4:00 – 6:00 Dryland 6:15– 7:00	31 AM Off 2500 OYO Depart for PSW	1 PSW LCM
2 PSW LCM	3 February Dry 4:00 – 4:15 Pool 4:15 – 5:45	4 Recovery	5 Recovery Dry 4:00 – 4:15 Pool 4:15 – 6:30	6 Pool 4:00 – 6:00 Dryland 6:15– 7:00 6:15 Parents Meeting	7 Dry 0600 – 0615 Pool 6:15 – 7:30 Dry 3:45 – 4:00 Pool 4:00 – 6:00	8 Dry 06:00– 06:10 Pool 06:10 – 8:30 am Dryland 8:50 – 9:45 am