The Richmond Hill Aquatic Club - Master Calendar			April-2018				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	2	3	4	5	6	7	8
am		**Provincial** 5:30-7:15 **Richvale**	**National** 5:30 - 7:45 **Centennial** **OFF**	**National** 5:30-7:15 **Richvale**	**Swim meet**	**National** 7:00-9:00 **Centennial (Eastern Champs swimmers)**	**Swim Meet**
pm	**Centennial Still closed** **Provincial** 4:00-5:45 **Oak Ridges** **Youth** 5:45 - 7:15 **Oak Ridge**	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-5:30 Dry Land **Youth (3 lanes)** 4:00 - 5:30 **Centennial** **Youth** 6:00 - 7:00 Dry Land **Select (3 lanes)** 4:00 - 5:30 **Centennial** **Novice (4 lanes)** 5:30-7:00 **Centennial**	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-6:00 **Oak Ridges** **Youth (4 lanes)** 4:00 - 6:00 **Centennial** **SuperSharks (2 lanes)** 4:30 - 6:00 **Centennial** **Select** 5:00-5:45 Dry Land **Select (4 lanes)** 6:00 -7:30 **Centennial**	**National** 4:00-6:00 Dry Land OFF **Provincial** 4:00-6:00 **Richvale** **Select (3 lanes)** 4:00 - 6:00 **Centennial** **Youth (3 lanes)** 4:00 - 6:00 **Centennial** **Novice (4 Lanes)** 6:00-7:30 **Centennial**	**National** 4:00-6:00 **Centennial (Eastern Champs Swimmers)**		
Competition			**Canadian Swimming Champs**	**Canadian Swimming Champs**	**Mallards Inv** **Canadian Swimming Champs**	**Mallards Inv** **Canadian Swimming Champs**	**Mallards Inv** **Canadian Swimming Champs**
	9	10	11	12	13	14	15
am		**Provincial** 5:30-7:15 **Richvale**	**National** 5:30-7:45 **Centennial** **OFF**	**National** 5:30-7:15 **Richvale**	**Provincial** 5:30-7:15 **Centennial**	**National** 6:00 - 8:00 **Richvale** **Select** 6-7:30 **Centennial** **Provincial** 6:00-8:00 **Oak Ridges** **Novice** 7:30-9:00 **Centennial**	

						Novice 9:30 - 10:15 Dry Land	
pm	**National** 4:00 - 6:00 **Centennial** **National** 6:30-7:30 Dry Land OFF **Select** 4:30-5:45 Dry Land OFF **Provincial** 4:00-6:00 **Oak Ridges** **Youth** **(4 lanes)** 6:00-7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-5:30 Dry Land **Youth** **(3 lanes)** 4:00 - 5:30 **Centennial** **Youth** 6:00 - 7:00 Dry Land **Select** **(3 lanes)** 4:00 - 5:30 **Centennial** **Novice** **(4 lanes)** 5:30-7:00 **Centennial** **SuperSharks** **(2 lanes)** 5:30 - 7:00 **Centennial**	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-6:00 **Oak Ridges** **Youth** **(4 lanes)** 4:00 - 6:00 **Centennial** **SuperSharks** **(2 lanes)** 4:30 - 6:00 **Centennial** **Select** 5:00-5:45 Dry Land **Select** **(4 lanes)** 6:00 -7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**Provincial** 4:00-6:00 **Richvale** **Select** **(3 lanes)** 4:00 - 6:00 **Centennial** **Youth** **(3 lanes)** 4:00 - 6:00 **Centennial** **Novice** **(4 Lanes)** 6:00-7:30 **Centennial** **SuperSharks** **(2 Lanes)** 6:00 - 7:30 **Centennial**	**National** 4:00-6:00 **Centennial** **Youth** 4:30-5:45 Dry Land **Youth** **(4 lanes)** 6:00-7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**Provincial** 3:30-5:00 **Dryland** **Sharks** 5-6:30 **Centennial** **Mini Sharks** 5:00-6:30 **Centennial**	
Competition				**Eastern Champ**	**Eastern Champ**	**Eastern Champ**	**Eastern Champ**
	16	17	18	19	20	21	22
am		**Provincial** 5:30-7:15 **Richvale**	**National** (**Swimmers not selected to train at Pan Am Scarboro**) 5:30-7:45 **Centennial**	**National** 5:30-7:15 **Richvale**	**Provincial** 5:30-7:15 **Centennial**	**Picture Day** 6:00-7:00 National and Provincial 7:00 - 8:00 Novice Select Youth 8:00 - 9:00 **Club picture**	
pm	**National** 4:00 - 6:00 **Centennial** **National** 6:30-7:30 Dry Land **Select** 4:30-5:45	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-5:30 Dry Land **Youth** **(3 lanes)** 4:00 - 5:30	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-6:00 **Oak Ridges** **Youth** **(4 lanes)** 4:00 - 6:00	**National** 4:00-5:15 Dry Land 5:15-6:15 Video/Mental Training **Provincial** 4:00-6:00 **Richvale**	**National** 4:00-6:00 **Centennial** **Youth** 4:30-5:45 Dry Land **Youth** **(4 lanes)** 6:00-7:30	**National** 2:00-3:30 **Dryland** **National** **(Selected)** 2:00-3:30 **Pan Am Scarborough**	

	Dry Land **Provincial** 4:00-6:00 **Oak Ridges** **Youth** **(4 lanes)** 6:00-7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**Centennial** **Youth** 6:00 - 7:00 Dry Land **Select** **(3 lanes)** 4:00 - 5:30 **Centennial** **Novice** **(4 lanes)** 5:30-7:00 **Centennial** **SuperSharks** **(2 lanes)** 5:30 - 7:00 **Centennial**	**Centennial** **SuperSharks** **(2 lanes)** 4:30 - 6:00 **Centennial** **Select** 5:00-5:45 Dry Land **Select** **(4 lanes)** 6:00 -7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**Select** **(3 lanes)** 4:00 - 6:00 **Centennial** **Youth** **(3 lanes)** 4:00 - 6:00 **Centennial** **Novice** **(4 Lanes)** 6:00-7:30 **Centennial** **SuperSharks** **(2 Lanes)** 6:00 - 7:30 **Centennial**	**Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**Provincial** 3:30-5:00 **Dryland** **Sharks** 5:00-6:30 **Centennial** **Mini Sharks** 5:00-6:30 **Centennial**	
Competition							
	23	24	25	26	27	28	29
am		**Provincial** 5:30-7:15 **Richvale**	**National** 5:30-7:45 **Centennial**	**National** 5:30-7:15 **Richvale**		**National** 6:00 - 8:00 **Richvale** ~~**Select** 6-7:30 **Centennial**~~ **Provincial** 6-8:00 **Oak Ridges** **Novice** 7:30-9:00 **Centennial** **Novice** 9:30 - 10:15 Dry Land	
pm	**National** 4:00 - 6:00 **Centennial** **National** 6:30-7:30 Dry Land **Select** ~~4:30-5:45~~ Dry Land 4:15-5:30 pm **Provincial** 4:00-6:00 **Oak Ridges** **Youth**	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-5:30 Dry Land **Youth** **(3 lanes)** 4:00 - 5:30 **Centennial** **Youth** 6:00 - 7:00 Dry Land **Select** **(3 lanes)**	**National** 4:00-6:00 **Richvale** **Provincial** 4:00-6:00 **Oak Ridges** **Youth** **(4 lanes)** 4:00 - 6:00 **Centennial** **SuperSharks** **(2 lanes)** 4:30 - 6:00 **Centennial**	**National** 4:00-5:15 Dry Land 5:15-6:15 Video/Mental Training **Provincial** 4:00-6:00 **Richvale** **Select** **(3 lanes)** 4:00 - 6:00 **Centennial** **Youth**	**RHAC Distance Meet** (4:00 - 7:30 pm) **Centennial Pool**	**National** 2:00-3:30 **Dryland** **Provincial** 3:30-5:00 **Dryland** **Sharks** 5:00-6:30 **Centennial** **Mini Sharks** 5:00-6:30 **Centennial**	

	(4 lanes) 6:00-7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	4:00 - 5:30 **Centennial** **Novice** **(4 lanes)** 5:30-7:00 **Centennial** **SuperSharks** **(2 lanes)** 5:30 - 7:00 **Centennial**	**Select** 5:00-5:45 Dry Land **Select** **(4 lanes)** 6:00 -7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**	**(3 lanes)** 4:00 - 6:00 **Centennial** **Novice** **(4 Lanes)** 6:00-7:30 **Centennial** **SuperSharks** **(2 Lanes)** 6:00 - 7:30 **Centennial**			
Competition							
	30	May 1					
am							
pm	**National** 4:00 - 6:00 **Centennial** **National** 6:30-7:30 Dry Land **Select** 4:30-5:45 Dry Land **Provincial** 4:00-6:00 **Oak Ridges** **Youth** **(4 lanes)** 6:00-7:30 **Centennial** **Sharks** **(2 Lanes)** 6:00 -7:30 **Centennial**						
Competition							