



GROUP: JUNIOR DEVELOPMENT

MONTH: NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01/11
02/11	03/11 5:30-7:30AM SWIM @ MPAC	04/11	05/11 5:30-7:30AM SWIM @ MPAC 7:00-8:30PM SWIM @ MPAC	06/11 GUS RYDER INVITATIONAL	07/11 GUS RYDER INVITATIONAL	08/11 GUS RYDER INVITATIONAL
09/11 GUS RYDER INVITATIONAL	10/11 6:00-7:30AM SWIM @ MPAC	11/11	12/11 5:30-7:30AM SWIM @ MPAC 7:00-8:30PM SWIM @ MPAC	13/11	14/11 5:30-7:30AM SWIM @ MPAC	15/11
16/11	17/11 5:30-7:30AM SWIM @ MPAC	18/11	19/11 5:30-7:30AM SWIM @ MPAC 7:00-8:30PM SWIM @ MPAC	20/11	21/11 5:30-7:30AM SWIM @ MPAC	22/11
23/11	24/11 5:30-7:30AM SWIM @ MPAC	25/11	26/11 5:30-7:30AM SWIM @ MPAC 7:00-8:30PM SWIM @ MPAC	27/11	28/11 5:30-7:00AM SWIM @ MPAC	29/11

**MPAC = Markham Pan Am Centre

ALL SWIMMERS ARE TO BE ON DECK 15 MINUTES PRIOR TO THE START OF PRACTICE WITH ALL LISTED TRAINING EQUIPMENT.