

November 2023

October '23							December '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11 Remembrance Day No Practices
12	13	14	15	16	17	18
19	20	21	22	23	24	25 Scotia Sprints No Morning
26	27	28	29 Joint with Junior 6:30-7:30p	30	1	2 Nova Tech 2 No Morning
3	4	November 29 - A group of swimmers is headed to Montreal for a meet. This schedule adjustment is required due to the Head Coach going with the travel team.				