

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 HAPPY NEW YEAR!	2	3 Free – nothing over 200 7:15 – 8:45pm Steph	4 Fun with 25s 7:15 – 8:45pm Scott	5	6
7 Coach's choice 7:15 – 8:45pm Quinn	8 Distance Day 7:15 – 8:45pm Chris	9	10 Free – 200s 7:15 – 8:45pm Michael	11 Thank god it's Friday freestyle 7:15 – 8:45pm Steph	12	13
14 IM 7:15 – 8:45pm Quinn	15 Free – short distances 7:15 – 8:45pm Chris	16	17 Mid-distance (free or stroke) 7:15 – 8:45pm Steph	18 Stroke set – good technique when tired 7:15 – 8:45pm Scott	19	20
21 Short Sprints (Free or IM) 7:15 – 8:45pm Alex	22 Non-Free 7:15 – 8:45pm Chris	23	24 Good technique IM 7:15 – 8:45pm Michael	25 Freestyle fun 7:15 – 8:45pm Scott	26	27
28 Free 7:15 – 8:45pm Quinn	29 Stroke sets (not IM) 7:15 – 8:45pm Chris	30	31 IM 7:15 – 8:45pm Michael	1 Coach's Choice 7:15 – 8:45pm Scott	2	3

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Free 7:15 – 8:45pm Quinn	29 Stroke sets (not IM) 7:15 – 8:45pm Chris	30	31 IM 7:15 – 8:45pm Michael	1 Coach's choice 7:15 – 8:45pm Scott	2	3
4 IM 7:15 – 8:45pm Quinn	5 Higher yardage freestyle 7:15 – 8:45pm Chris	6	7 Long axis strokes (free & back) 7:15 – 8:45pm Michael	8 IM 7:15 – 8:45pm Scott	9	10
11 The Denis Special – Distance Sets 7:15 – 8:45pm Quinn	12 Coach's choice 7:15 – 8:45pm Chris	13	14 Short axis strokes (fly & breast) 7:15 – 8:45pm Michael	15 Fast Friday! Freestyle short sprints 7:15 – 8:45pm Scott	16	17
18 Smooth & steady freestyle 7:15 – 8:45pm Quinn	19 25's & 50's! 7:15 – 8:45pm Chris	20	21 Coach's choice 7:15 – 8:45pm Michael	22 Good technique – mix of strokes 7:15 – 8:45pm Scott	23	24
25 Non-free sets 7:15 – 8:45pm TBD	26 Free 7:15 – 8:45pm Chris	27	28 IM 7:15 – 8:45pm Michael	1 Anything but IM 7:15 – 8:45pm Scott	2	3

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25 Non-free sets 7:15 – 8:45pm TBD	26 Free 7:15 – 8:45pm Michael	27	28 IM 7:15 – 8:45pm Michael	1 Anything but IM 7:15 – 8:45pm Scott	2	3
4 IM 7:15 – 8:45pm	5 Free – short distances 7:15 – 8:45pm	6	7 Mid-distance (free or stroke) 7:15 – 8:45pm	8 Non-free 7:15 – 8:45pm	9	10
11 Mid-distance (free or stroke) 7:15 – 8:45pm	12 Good technique – mix of strokes 7:15 – 8:45pm	13	14 Short distances, aerobic 7:15 – 8:45pm	15 Free 7:15 – 8:45pm	16	17
18 Stroke strength & technique 7:15 – 8:45pm	19 Short sprint day! 7:15 – 8:45pm	20	21 Non-Free 7:15 – 8:45pm	22 Coach's Choice 7:15 – 8:45pm	23	24
25 IM 7:15 – 8:45pm	26 Non-free 7:15 – 8:45pm	27	28 Distance Day 7:15 – 8:45pm	29 Fast Friday! Short sprints 7:15 – 8:45pm	30	31

NOTES

Reminder

All punch passes expire May 2019 (Passes expire every year at the end of the spring). Drop in payments are always accepted.