

# JANUARY 2019

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

# FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 Free  7:15 – 8:45pm <i>Quinn</i>	29 Stroke sets (not IM)  7:15 – 8:45pm <i>Chris</i>	30	31 IM  7:15 – 8:45pm <i>Michael</i>	1 Coach's choice  7:15 – 8:45pm <i>Scott</i>	2	3
4 <b>Snowpocalypse Pool Closed</b>	5 <b>Snowpocalypse Pool Closed</b>	6	7 Long axis strokes (free & back)  7:15 – 8:45pm <i>Michael</i>	8 <b>Snowpocalypse Pool Closed</b>	9 <b>HAPPY HOUR Mammoth, 7pm</b>	10
11 <b>Snowpocalypse Pool Closed</b>	12 <b>Snowpocalypse Pool Closed</b>	13	14 Short axis strokes (fly & breast)  7:15 – 8:45pm <i>Michael</i>	15 Fast Friday! Freestyle short sprints  7:15 – 8:45pm <i>Scott</i>	16	17
18 Smooth & steady freestyle  7:15 – 8:45pm <i>Quinn</i>	19 25's & 50's!  7:15 – 8:45pm <i>Chris</i>	20	21 Coach's choice  7:15 – 8:45pm <i>Michael</i>	22 Good technique – mix of strokes  7:15 – 8:45pm <i>Scott</i>	23	24
25 Non-free sets  7:15 – 8:45pm <i>Brian</i>	26 Free  7:15 – 8:45pm <i>Chris</i>	27	28 IM  7:15 – 8:45pm <i>Michael</i>	1 Anything but IM  7:15 – 8:45pm <i>Scott</i>	2	3

# MARCH 2019

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

# APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Free 7:15 – 8:45pm <i>Alex R.</i>	2 Long axis strokes (free & back) 7:15 – 8:45pm <i>Chris</i>	3	4 Good technique – mix of strokes 7:15 – 8:45pm <i>Michael</i>	5 Non-free 7:15 – 8:45pm <i>Scott</i>	6	7 <b>Last Day to Register for PNA Champs</b>
8 IM 7:15 – 8:45pm <i>Quinn</i>	9 Short distances, aerobic 7:15 – 8:45pm <i>Chris</i>	10	11 25's & 50's! 7:15 – 8:45pm <i>Michael</i>	12 Meet Prep – Starts 7:15 – 8:45pm <i>Scott</i>	13 <b>PNA Champs, Federal Way</b>	14 <b>PNA Champs, Federal Way</b>
15 Mid-distance (free or stroke) 7:15 – 8:45pm <i>Quinn</i>	16 Good technique – mix of strokes 7:15 – 8:45pm <i>Chris</i>	17	18 Short distances, aerobic 7:15 – 8:45pm <i>Michael</i>	19 Free 7:15 – 8:45pm <i>Scott</i>	20	21
22 Stroke strength & technique 7:15 – 8:45pm <i>Quinn</i>	23 Short sprint day! 7:15 – 8:45pm <i>Chris</i>	24	25 Non-Free 7:15 – 8:45pm <i>Michael</i>	26 Short axis strokes (fly & breast) 7:15 – 8:45pm <i>Scott</i>	27	28
29 Non-free sets 7:15 – 8:45pm <i>Quinn</i>	30 Free 7:15 – 8:45pm <i>Chris</i>	1	2 IM 7:15 – 8:45pm <i>Michael</i>	3 Anything but IM 7:15 – 8:45pm <i>Scott</i>	4	5

## NOTES

### Reminder

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

# MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29 Non-free sets 7:15 – 8:45pm <i>Quinn</i>	30 Free 7:15 – 8:45pm <i>Chris</i>	1	2 IM 7:15 – 8:45pm <i>Michael</i>	3 Anything but IM 7:15 – 8:45pm <i>Scott</i>	4	5
6 IM 7:15 – 8:45pm <i>Quinn</i>	7 Free – short distances 7:15 – 8:45pm <i>Chris</i>	8	9 Mid-distance (free or stroke) 7:15 – 8:45pm <i>Michael</i>	10 <b>LAST PRACTICE COACH'S CHOICE</b> 7:15 – 8:45pm <i>Scott</i>	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

## NOTES

### Reminder

All punch passes expire May 11, 2019 (Passes expire every year at the end of the spring). Drop in payments are always accepted.