

Prince Albert Sharks Swim Club

Monthly Schedule November/2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No AM Swimming	3 6 - 7:30 am Distance Group Masters Sprint Group Dryland	4 No AM Swimming	5 6 - 7:30 am Distance Group Blue/Masters Sprint Group Dryland	6 6 - 7:30 am Senior/Junior Masters	7 8:00 - 10:00 am Senior/Junior 9:30 - 11:15 am Blue 10:00 - 11:15 am Green 10:15 - 11:15 am Swim Quest
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 5:30 pm Senior (dryland) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Senior/Junior Blue	
8	9 No AM Swimming	10 6 - 7:30 am Distance Group Masters Sprint Group Dryland	11 Remembrance Day	12 8:00 - 10:00 am Distance Group Blue/Masters Sprint Group Dryland	13 8:00 - 10:00 am Senior/Junior Masters	14 8:00 - 11:00 am SNC 5K Challenge Senior/Junior Blue 10:00 - 11:15 am Green 10:15 - 11:15 am Swim Quest
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	No Swimming	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Senior/Junior Blue	
15	16 No AM Swimming	17 6 - 7:30 am Distance Group Masters Sprint Group Dryland	18 No AM Swimming	19 6 - 7:30 am Distance Group Blue/Masters Sprint Group Dryland	20 6 - 7:30 am Senior/Junior Masters	21 9:30 - 11:15 am Blue 10:00 - 11:15 am Green 10:15 - 11:15 am Swim Quest MJKFF Provincial Qualifier
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 5:30 pm Senior (dryland) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Senior/Junior Blue	
22	23 No AM Swimming	24 6 - 7:30 am Distance Group Masters Sprint Group Dryland	25 No AM Swimming	26 6 - 7:30 am Blue/Masters	27 No AM Swimming	28 8:00 - 10:00 am Senior/Junior 9:30 - 11:15 am Blue 10:00 - 11:15 am Green 10:15 - 11:15 am Swim Quest
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 5:30 pm Senior (dryland) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Senior/Junior Blue	
29	30 No AM Swimming	1 6 - 7:30 am Distance Group Masters Sprint Group Dryland	2 No AM Swimming Travel Day PWI Swimmers	3 6 - 7:30 am Blue/Masters	4 No AM Swimming	5 9:30 - 11:15 am Blue 10:00 - 11:15 am Green 10:15 - 11:15 am Swim Quest
GREY CUP						
Riders 31 Hamilton 16	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:00 pm Senior (tank) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Blue	
Yeah !! RIDERS				Prairie Winter Invitational Winnipeg		