

# January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1	2
3	4	5	6	7	8	9
10 Masters Practice 8:15-9:30am	11 Advanced stroke clinic 8:30-9:30pm	12 Group practice (no coach) 11:45-12:45 Endurance swim training 7:30-8:30pm	13 Beginner stroke clinic 8:30-9:30pm	14 Endurance swim training 7:30-8:30pm Masters Practice 8:30-9:30pm	15	16
17 Masters Practice 8:15-9:30am	18 Advanced stroke clinic 8:30-9:30pm	19 Group practice (no coach) 11:45-12:45 Endurance swim training 7:30-8:30pm	20 Beginner stroke clinic 8:30-9:30pm	21 Endurance swim training 7:30-8:30pm Masters Practice 8:30-9:30pm	22	23
24 Masters Practice 8:15-9:30am	25 Advanced stroke clinic 8:30-9:30pm	26 Group practice (no coach) 11:45-12:45 Endurance swim training 7:30-8:30pm	27 Beginner stroke clinic 8:30-9:30pm	28 Endurance swim training 7:30-8:30pm Masters Practice 8:30-9:30pm	29	30
31 Masters Practice 8:15-9:30am	Notes:					