

Junior Provincial January Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan
AM	10:00am - 12:00pm	10:00am - 12:00pm	10:00am - 11:30am	Off	5:15 - 7:30am	10:45am - 12:00pm	Off
PM	Off	Off	Off	Off	Off		
Dryland		Off		Off			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
AM	Off	Off	Off	Off	Off	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	4:15 - 6:00 pm	6:45 - 8:30 pm	4:15 - 6:00 pm	4:15 - 6:30 pm		
Dryland		6:00 - 6:30pm		6:00 - 6:30pm			
Activity	Sports Nutrition Seminar Parents: 4:30 - 5:30pm Swimmers: 5:45 - 6:45pm						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
AM	Off	Off	Off	Off	Winter Classic	Winter Classic	Winter Classic
PM	3:45 - 5:30pm	4:15 - 6:00 pm	6:45 - 8:30 pm	4:15 - 6:00 pm			
Dryland		6:00 - 6:30pm		6:00 - 6:30pm			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
AM	Off	Off	Off	Off	Off	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	4:15 - 6:00 pm	6:45 - 8:30 pm	4:15 - 6:00 pm	4:15 - 6:30 pm		
Dryland		6:00 - 6:30pm		6:00 - 6:30pm			
Activity							
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
AM	Off	Off	Off	Off	Off	7:00 - 9:15 am	Off
PM	3:45 - 5:30pm	4:15 - 6:00 pm	6:45 - 8:30 pm	4:15 - 6:00 pm	4:15 - 6:30 pm		
Dryland		6:00 - 6:30pm		6:00 - 6:30pm			
Activity							

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Dryland

Lawson