

## Intro Lawson Schedule

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