

Intro University 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
Intro Gold UofR	Off	Off	Off	Off	Off	Off	Off
Intro Silver UofR	Off	Off	Off	Off	Off	Off	Off
Intro Bronze Plus UofR	Off	Off	Off	Off	Off	Off	Off
Intro Bronze UofR	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 UofR	Off	Off	4:15 - 5:30pm	5:00 - 6:30pm	5:15 - 6:30pm	Off	Off
Intro Silver UofR	Off	Off	5:15 - 6:30pm	Off	4:15 - 5:30pm	Off	Off
Intro Bronze Plus UofR	Off	Off	Off	4:30 - 5:30pm	Off	Off	Off
Intro Bronze UofR	Off	Off	Off	4:30 - 5:30pm	Off	Off	Off
Intro Bronze 2	Off	Off	5:30 - 6:30pm	Off	Off	Off	Off
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
Intro Gold UofR	5:00 - 6:30pm	Off	4:15 - 5:30pm	5:00 - 6:30pm	Winter Classic	Winter Classic	Winter Classic
Intro Silver UofR	4:45 - 6:00pm	Off	5:15 - 6:30pm	Off		Winter Classic	Winter Classic
Intro Bronze Plus UofR	4:30-5:30pm	Off	Off	4:30 - 5:30pm		Winter Classic	Winter Classic
Intro Bronze UofR	4:30 - 5:30pm	Off	Off	4:30 - 5:30pm		Winter Classic	Winter Classic
Intro Bronze 2	5:30 - 6:30pm	Off	5:30 - 6:30pm	Off		Winter Classic	Winter Classic
Activity							
Date	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
Intro Gold UofR	5:00 - 6:30pm	Off	4:15 - 5:30pm	5:00 - 6:30pm	5:15 - 6:30pm	Off	Off
Intro Silver UofR	4:45 - 6:00pm	Off	5:15 - 6:30pm	Off	4:15 - 5:30pm	Off	Off
Intro Bronze Plus UofR	4:30-5:30pm	Off	Off	4:30 - 5:30pm	Off	Off	Off
Intro Bronze UofR	4:30 - 5:30pm	Off	Off	4:30 - 5:30pm	Off	Off	Off
Intro Bronze 2	5:30 - 6:30pm	Off	5:30 - 6:30pm	Off	Off	Off	Off
Activity							
Date	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
Intro Gold UofR	5:00 - 6:30pm	Off	4:15 - 5:30pm	5:00 - 6:30pm	5:15 - 6:30pm	Off	Off
Intro Silver UofR	4:45 - 6:00pm	Off	5:15 - 6:30pm	Off	4:15 - 5:30pm	Off	Off
Intro Bronze Plus UofR	4:30-5:30pm	Off	Off	4:30 - 5:30pm	Off	Off	Off
Intro Bronze UofR	4:30 - 5:30pm	Off	Off	4:30 - 5:30pm	Off	Off	Off
Intro Bronze 2	5:30 - 6:30pm	Off	5:30 - 6:30pm	Off	Off	Off	Off
Activity							
U of R	Lawson						