

Ron's Groups: June 27 – August 28, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 5 – 6:30 p.m.	29 7:30 – 9:30 a. 5 – 6:30 p.m. <i>K.O.+ Fly 25's</i>	30 5 – 6:30 p.m.	1 JULY no practice <i>Junior Provincials Nepean</i>	2 7:30 – 9:30 a. Jr. Provs.	3 Jr. Provs.
4 Jr. Provs.	5 7:30 – 9:30 a. 6:20 – 7:50 p. <i>H.R. 100's</i>	6 7:30 – 9:30 a.	7 7:30 – 9:30 a. <i>Pace 50's</i> <i>Open water Swim</i>	8 7:30 – 9:30 a. 6:20 – 7:50 p.	9 7:30 – 9:30 a.	10 Hauch Meet London Outdoors
11 Hauch Meet	12 7:30 – 9:30 a. 6:20 – 7:50 p.	13 7:30 – 9:30 a.	14 7:30 – 9:30 a.	15 7:30 – 9:30 a.	16 7:30 – 9:30 a.	17
18	19 7:30 – 9:30 a.	20 7:30 – 9:30 a.	21 7:30 – 9:30 a.	22 7:30 – 9:30 a.	23 7:30 – 9:30 a.	24
25	26 7:30 – 9:30 a.	27 7:30 – 9:30 a.	28 7:30 – 9:30 a. <i>T30</i>	29 7:30 – 9:30 a.	30 7:30 – 9:30 a.	31
1 AUGUST	2 7:30 – 9:30 a.	3 7:30 – 9:30 a.	4 7:30 – 9:30 a.	5 7:30 – 9:30 a.	6 7:30 – 9:30 a.	7
8 <i>Welland Open Water 1 km Swim</i>	9 7:30 – 9:30 a.	10 7:30 – 9:30 a.	11 7:30 – 9:30 a.	12 7:30 – 9:30 a.	13 7:30 – 9:30 a.	14
15	16 7:30 – 9:30 a.	17 7:30 – 9:30 a.	18 7:30 – 9:30 a.	19 7:30 – 9:30 a.	20	21
22	23	24	25	26	27	28 Mall Expo 
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <i>Now is the time to work on your dry land strength: angle pushups, planks, abs.</i> </div>						