



October 2019

MASTERS Workout Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 COACHED SWIM 6:35-7:35pm	1 (October)	2 COACHED SWIM 6:35-7:35pm	3	4 COACHED SWIM 6:05-7:05am	5 OYO SWIM 6:00-6:55am
6	7 COACHED SWIM 6:35-7:35pm	8	9 COACHED SWIM 6:35-7:35pm	10	11 COACHED SWIM 6:05-7:05am	12 OYO SWIM 6:00-6:55am
13	14 OFF Thanksgiving Day	15	16 COACHED SWIM 6:35-7:35pm	17	19 COACHED SWIM 6:05-7:05am	19 OFF KCS in Penticton
20	21 COACHED SWIM 6:35-7:35pm	22	23 COACHED SWIM 6:35-7:35pm	24	25 COACHED SWIM 6:05-7:05am	26 KCS Aquatic Festival
27	28 COACHED SWIM 6:35-7:35pm	29	30 COACHED SWIM 6:35-7:35pm	31	1 (November) COACHED SWIM 6:05-7:05am	2 OYO SWIM 6:00-6:55am
3	4 COACHED SWIM 6:35-7:35pm	5	6 COACHED SWIM 6:35-7:35pm	7	8 COACHED SWIM 6:05-7:05am	9 OYO SWIM 6:00-6:55am