

HAC Swim School November 2024

Boys and Girls Club Address: 45 Ellis Ave Hamilton ON

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	Stroke of the Week
						Boys and Girls Club 7-10am	Gold: Breaststroke Silver: Breaststroke Bronze: Backstroke
2	3	4	5	6	7	8	Stroke of the Week
NO PRACTICE! Team Banquet!		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Butterfly Silver: Butterfly Bronze: Freestyle
9	10	11	12	13	14	15	Stroke of the Week
Boys and Girls Club 4-7pm	Remembrance Day!	Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: IM Silver: IM Bronze: Backstroke
16	17	18	19	20	21	22	Stroke of the Week
Boys and Girls Club 4-7pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Freestyle Silver: Freestyle Bronze: Freestyle
23	24	25	26	27	28	29	Stroke of the Week
Boys and Girls Club 4-7pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 5-8 pm		Boys and Girls Club 7-10am	Gold: Backstroke Silver: Backstroke Bronze: Backstroke
30							Stroke of the Week
Boys and Girls Club 4-7pm						 	Gold: Breaststroke Silver: Breaststroke Bronze: Freestyle