


**March 2024
High Performance**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Coming Up... - March Break swim training for competitive teams (no additional fee) - Optional March Break Activities: Activate Burlington & Gravity Climbing. Team Unify Registration & Payment Required. Space is limited! - Easter Sunday all practices OFF					1	2
					6:00-7:30am McMaster	Bad Meet
					4:30-6:30pm Jimmy Thompson	
3	4	5	6	7	8	9
Odeon 7:00-8:00am McMaster 8:30-10:30am Bad Meet	5:45-7:30am Hillpark Odeon 4:30-5:30pm	4:30-6:00pm Hill Park	5:45-7:30am Hillpark 7:00-9:00pm Dalewood	4:30-6:00pm Jimmy Thompson	6:00-7:30am McMaster 4:30-6:30pm Jimmy Thompson	
March Break						
10	11	12	13	14	15	16
OFF	5:45-7:30am Hillpark Activate Burlington 5:00-6:15pm Registration Required.	4:30-6:30pm Hill Park	5:45-7:30am Hillpark OFF	4:30-6:00pm Jimmy Thompson	6:00-8:00am McMaster Gravity Climbing 1:30-3:30pm Registration Required	
17	18	19	20	21	22	23
OFF	5:45-7:30am Hillpark Odeon 4:30-5:30pm	4:30-6:00pm Hill Park	5:45-7:30am Hillpark 7:00-9:00pm Dalewood	4:30-6:00pm Jimmy Thompson	6:00-7:30am McMaster 4:30-6:30pm Jimmy Thompson	
24	25	26	27	28	29	30
Odeon 7:00-8:00am McMaster 8:30-10:30am	5:45-7:30am Hillpark Odeon 4:30-5:30pm	4:30-6:00pm Hill Park	5:45-7:30am Hillpark 7:00-9:00pm Dalewood	4:30-6:00pm Jimmy Thompson	OFF Good Friday 	Hill Park 7:00-9:00am
31	April 1					
OFF Easter Sunday	YMCA 5:00-6:30pm					