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Life is full of choices – make good ones!

January/February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	10 Biggest Loser challenge weigh in this week at CMA	11 Board Meeting				
		18	19 Last Thursday morning practice	20 Ontario Cup	21 Practice cancelled Pickering WinterFest Full competitive team Ont Cup John 100 fr	
	24	25	26	27	28	
29	30	31	1 - February	2	3	
5	6	7	8 Board Meeting	9 CR SC Champs	10 CR SC Champs	11 CR SC Champs
Regular Schedule → All pool practices at CFC All Dryland at CMA	Jr 5:00-6:15pm Sr 4:30-6:15pm Nov 6:00-6:45p SF 5:45-6:15, 6:15-6:45p Masters 5:45-6:45p, 7-8:15 Triathlon 7:00-8:15p Waterpolo 7:00-8:15p	Jr/Sr/Mas 5:30-7:15a Dryland CMA 7:00-7:45pm	Jr 5:00-6:15pm Sr 4:30-6:15pm Nov 6:00-6:45p SF 5:45-6:15, 6:15-6:45p Masters 5:45-6:45	Jr 5:00-6:15pm Sr 4:30-6:15pm Nov 6:00-6:45p SF 6:15-6:45p Masters 5:45-6:45p Dryland CMA 7:00-7:45pm	Jr 5:00-6:15pm Sr 4:30-6:15pm Nov 6:00-6:45p SF 6:15-6:45p Masters 5:45-6:45p	Dryland CMA 9:15-10:00a Jr/Sr/Mas 9:00-10:30a Waterpolo 9:00-10:30a