

**November 2018**

**SWIMMING**



**THE SACRED HEART SCHOOL OF MONTREAL ATHLETICS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Practice 4:00 – 5:00	6	7	8	9	10
11	12 Practice 4:00 – 5:00	13	14	15	16	17
18	19 Practice 4:00 – 5:00	20	21	22	23	24
25	26 Practice 4:00 – 5:00	27	28	29	30	

**December 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Practice 4:00 – 5:00	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9 Swim Meet	10	11	12
13	14 Practice 4:00 – 5:00	15	16 Swim Meet	17	18	19
20	21 Practice 4:00 – 5:00	22	23	24	25	26
27	28 Practice 4:00 – 5:00	29	30	31		

## February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21 Swim Championships	22	23
24	25	26	27	28		