

DECEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19 Brnz: Off Silver 6-7.30pm West Gold: 6.30-8pm West Snr: 5.30-6.30 West 6.45-7.30pm Weights	20 Brnz: 5.30-7pm East Silver 5.30-7pm West Gold: 6-8pm West Snr: 5.30-7.30 East	21 Brnz: 5.30-7.15pm West Silver 5.30-7.15pm West Gold: 6-8pm West Snr: DL 4-5pm DL	22 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East	23 Off	24 Christmas Eve
25 Christmas Day	26 OFF	27 Brnz: 10.30-11.30 YMCA Silver 10.30-11.30 YMCA Gold: 11.30-12.30 YMCA Snr: 12.30-1.30 YMCA	28 Brnz: 3.30-5pm YMCA Silver: 3.30-5pm YMCA Gold: 11.30-1.30 West Snr: 11.30-1.30 West	29 Brnz: 10.30-12 pm YMCA Silver: 12-1.30 YMCA Gold: 11.30-1.30 West Snr: 11.30-1.30 West	30 Brnz: 12-1.30pm YMCA Silver: 1.30-3pm YMCA Gold: 11.30-1.30 East Snr: 11.30-1.30 East	31 New Year's Eve

JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 OFF	3 Brnz: 10.30-11.30 YMCA Silver 10.30-11.30 YMCA Gold: 11.30-12.30 YMCA Snr: 12.30-1.30 YMCA	4 Brnz: 3.30-5pm YMCA Silver: 3.30-5pm YMCA Gold: 11.30-1.30 East Snr: 11.30-1.30 East	5 Brnz: 10.30-12 pm YMCA Silver: 12-1.30 YMCA Gold: 11.30-1.30 East Snr: 11.30-1.30 East	6 Snr: 11.30-1.30 East NOTRE DAME SNR Training trip 4.30pm	7 NOTRE DAME SNR Training trip
8 NOTRE DAME SNR Training trip	9 Brnz: Off Silver 6-7.30pm West Gold: 6.30-8pm West Snr: 5.30-6.30 West 6.45-7.30pm Weights	10 Brnz: 5.30-7pm West Silver 5.30-7pm West Gold: 6-8pm West Snr: 4-5pm DL	11 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30pm East	12 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East	13 Brnz: 5.30-7pm West Silver 5.30-7pm West Gold: 5.30-7.30pm West Snr: 4-5 DL	14 Brnz: 9.30-11am West Silver 9.30-11am West Gold: 9.30-11.30 East Snr: 9.30-11.30 East
15	16 ML King Day (NS) Brnz: Off Silver 6-7.30pm West Gold: 6.30-8pm West Snr: 5.30-6.30 West 6.45-7.30pm Weights	17 Brnz: 5.30-7pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East	18 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30pm East	19 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East	20 OFF	21 Dual V Nappy YMCA Meet
22	23 Brnz: Off Silver 6-7.30pm West Gold: 6.30-8pm West Snr: 5.30-6.30 West 6.45-7.30pm Weights	24 Brnz: 5.30-7pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East	25 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7pm East 7.10-7.45pm Weights	26 Brnz: 5.30-7.15pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East	27 Claire Statton	28 Claire Statton
29 Claire Statton	30 Brnz: Off Silver 6-7.30pm West Gold: 6.30-8pm West Snr: 5.30-6.30 West 6.45-7.30pm Weights	31 Brnz: 5.30-7pm East Silver 5.30-7.15pm West Gold: 6-8pm West Snr: 5.30-7.30 East				