

Date	Monday December 20th	Tuesday December 21st	Wednesday December 22nd	Thursday December 23rd	Friday December 24th	Saturday December 25th
Mornings	6:30-7:30 AM	6:00-7:30 AM	6:00-7:30 AM	6:00-7:30 AM	OFF	OFF
	Dryland Training	Groups	Groups	Groups		
	GLC/Algoma U	Level 1	Level 2	Level 1		
		Level 2	Level 3	Level 4		
		FIT Adult/youth	FIT Adult/youth	FIT Adult/youth		
		Coach Dan	Coach Dan	Coach Dan		
		Coach Cait	Coach Craig	Coach Jean		
			Coach Cait	Coach Cait		

Afternoons	4:15-5:45	4:15-5:45	4:15-5:45	OFF	OFF	OFF
	JRCC	JRCC	JRCC			
	Groups	Groups	Groups			
	Level 1	Level 1	Level 1			
	Level 2	Level 4	Level 2			
	Level 3	Level 5	Level 5			
	Coach Dan	Coach Dan	Coach Dan			
	Coach Craig	Coach Jean	Coach Jean			
		Coach Cait	Coach Cait			
		Coach Ryan	Coach Ryan			
	Groups	Groups	Groups			
	ROOS	ROOS	ROOS			
	Not Scheduled	Not Scheduled	Not Scheduled			

Date	Monday December 27th	Tuesday December 28th	Wednesday December 29th	Thursday December 30th	Friday December 31st	Saturday January 1st
Mornings	OFF	6:00-7:30 AM	6:00-7:30 AM	6:00-7:30 AM	OFF	OFF
		Groups	Groups	Groups		
		Level 1	Level 2	Level 1		
		Level 2 Masters	Level 3 Masters	Level 2 Masters		
		Coach Dan	Coach Dan	Coach Dan		
		Coach Cait	Coach Craig	Coach Cait		
			Coach Cait			

Afternoon	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	4:00-6:00 PM	OFF
	JRCC	JRCC	JRCC	JRCC	JRCC	
	Groups	Groups	Groups	Groups	Groups	
	Level 1	Level 1	Level 1	Level 1	Level 1	
	Level 2	Level 2	Level 2	Level 2	Level 2	
	Level 3		Level 3		Level 3	
	Coach Dan	Coach Dan	Coach Dan	Coach Dan	Coach Dan	
	Coach Craig	Coach Cait	Coach Craig	Coach Cait	Coach Craig	
	Coach Ryan		Coach Ryan		Coach Ryan	
	ROOS	ROOS	ROOS	ROOS		
	Not Scheduled	Not Scheduled	Not Scheduled	Not Scheduled		