



Christmas Schedule December 27 - January 4, 2024

	MONDAY Dec 23	TUESDAY Dec 24	WEDNESDAY Dec 25	THURSDAY Dec 26	FRIDAY Dec 27	SATURDAY Dec 28	SUNDAY Dec 29		
	Christmas Break No Training	Christmas Eve	Christmas Day	Boxing Day					
Sr National						10:30-12:30pm	8:00-10:00am	8:00-10:00am	
Jr National							3:00-5:00pm	10:00-noon	10:00-noon
Sr Provincial							Off	Off	Off
Jr Provincial							Off	Off	Off

	MONDAY Dec 30	TUESDAY Dec 31	WEDNESDAY Jan 1	THURSDAY Jan 2	FRIDAY Jan 3	SATURDAY Jan 4	SUNDAY Jan 5
		New Year's Eve	New Year's Day			Triathlon Event @ Kinsmen	
Sr National	7:00-9:00am 3:00-5:00pm	8:00-10:00am		8:00-10:00am 3:00-5:00pm	8:00-10:00am	6:45-8:45am	
Jr National	7:00-9:00am 3:00-5:00pm	10:00-noon		10:00-noon	10:00-11:45am 5:00-7:00pm	6:45-8:45am	
Sr Provincial	9:00-10:45am	10:00-11:45am		10:00-11:45am	11:45am-1:30pm	10:45-12:30pm	
Jr Provincial	9:00-10:45am	10:00-11:45am		10:00-11:45am	11:45am-1:30pm	7:00-9:00am YMCA!	
Gold				noon-1:30pm	noon-1:30pm	OFF	