

# July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6-7:30am at UN	2 Jr Prov in Etobicoke	3 Jr Prov	4 Jr Prov
5 Jr Prov	6 Open Water Prov	7 off	8 4-5:30pm at Cent	9 4-6pm at UN	10 4-5:30pm at VD	11 7-9am at UN
12	13 4-6pm at UN	14 5:30-7:30am at UN	15 4-5:30pm at Cent	16 4-6pm at UN	17 4-5:30pm at VD	18 7-9am at UN
19 9-10am at UN	20 4-6pm at UN	21 Leave for Club Nationals	22	23	24	25
26	27 2008-2009 Season is finished!	28	29	30	31	