



NOVEMBER 2007

STROKE DEV & CONDITIONING

MON	TUES	WED	THURS	FRI	SAT	SUN
1st day back will be Monday January 7th, 5:15-6:30PM UBC due to StG being closed. Regular practices will resume on the 8th.					1	2
3 4:45-6:30PM STG	4 6:15-7:30AM LBP	5 4:45-6:30PM STG	6 6:15-7:30AM LBP	7 4:45-6:00PM STG	8	9 Delta LMR
10 4:45-6:30PM STG	11 6:15-7:30AM LBP	12 4:45-6:30PM STG	13 6:15-7:30AM LBP	14 4:45-6:00PM STG	15	16
17 POOL CHANGE & TIME CHANGE 5:15-6:30PM UBC	18 6:15-7:30AM LBP	19 VPSC Christams Party NO PRACTICE	20 6:15-7:30AM LBP	21 LAST PRACTICE Black & Silver Meet LBP	22	23
24 NO PRACTICE	25 Christmas Day	26 NO PRACTICE	27 NO PRACTICE	28 NO PRACTICE	29 NO PRACTICE	30 NO PRACTICE <hr style="width: 100%;"/> 31 NO PRACTICE