

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior- Mowat Bay morning practice 8:00-9:30am</p> <p>Novice- Willingdon beach game day 11:00am-12:30am</p> <p>Intermediate- Beach fire (includes seniors 12 and under). 7:15-8:30pm at second beach.</p>	<p>Senior- extra dryland 9:30-10:30am</p> <p>Intermediate- Mowat Bay Bike Ride 10:30am-12:00pm</p> <p>Ages 13+ Kent's Beach 8:00pm. Bring running shoes, swim gear, and overnight gear. Pickup at 8:45 am the following morning.</p>	<p>Morning practice cancelled</p> <p>TEAM TRIATHLON at the complex (same time as practice). Bring your bike, runners and bathing suit!</p>	<p>Junior Mini-golf at 2:00, then walk to practice together.</p> <p>TEAM laundry swim</p> <p>Intermediate and Senior Dry land at the Track 6:20-7:20</p>	<p>Senior- Breakfast bike ride 8:00am-11:00am at inland lake.</p> <p>Hell Week Wrap-up Waterfight: 1:00pm at Willingdon Beach</p>