

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Thompson Arena Western University 2:00-3:30pm
8	9 Pool Workout Southside Aquatic Centre 6:30-8:00	10	11	12	13	14 Cowan Park (Soccer Complex) Woodstock 3:00-5:00pm All Comers Meet London
15	16 Pool Workout Southside Aquatic Centre 6:30-8:00	17	18	19	20	21 Thompson Arena Western University 2:00-3:30pm
22	23 Pool Workout Southside Aquatic Centre 6:30-8:00	24	25	26	27	28 Cowan Park (Soccer Complex) Woodstock 3:00-5:00pm RCL Prov. Champ. Meet
29 Combined Events Championship Meet	30 Pool Workout Southside Aquatic Centre 6:30-8:00	31				