

# Forest City Diving Club



# September 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7 	8 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	9 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	10 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	11 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	12 9:00AM - 12:00	13 <b>Good Luck Austin!</b>
14 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	15 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	16 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	17 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	18 6:45 - 7:45AM 7:45 - 8:45AM <b>No PM Diving</b>	19 <b>No Diving</b> Pool Closed	20 <i>Dive Ontario AGM</i>
21 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	22 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	23 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	24 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	25 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	26 8:00 - 9:00AM 9:00AM - 12:00	27
28 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	29 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	30 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM				Pool Time Dryland Time

*Jr Pan American Games*

# Forest City Diving Club



# October 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	2 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	3 8:00 - 9:00AM 9:00AM - 12:00	4
5 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	6 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	7 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	8 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	9 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	10 8:00 - 9:00AM 9:00AM - 12:00	11
12 	13 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	14 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	15 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	16 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	17 8:00 - 9:00AM 9:00AM - 12:00	18
19 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	20 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	21 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	22 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	23 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	24 8:00 - 9:00AM 9:00AM - 12:00	25
26 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	27 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	28 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	29 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	30 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	31 8:00 - 9:00AM 9:00AM - 12:00 	

# Forest City Diving Club



# November 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Daylight Saving Time ends
2 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	3 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	4 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	5 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	6 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	7 8:00 - 9:00AM 9:00AM - 12:00	8
9 No AM Diving 3:00 - 4:00PM 4:00 - 5:45PM	10 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	 11 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	12 No AM Diving 3:15 - 6:00PM	13 6:45 - 7:45AM 7:45 - 8:45AM No PM Diving	14 No Diving	15
16 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	17 No AM Diving 3:15 - 6:00PM	18 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	19 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	20 No AM Diving 3:00 - 4:00PM 4:00 - 7:15PM	21 8:00 - 9:00AM 9:00AM - 12:00 <i>Diving Plongeon Canada AGM</i>	22
23 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	24 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	25 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	26 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	27 6:45 - 7:45AM 7:45 - 8:45AM No PM Diving	28 No Diving	29
30 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM						

# Forest City Diving Club



# December 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5 8:00 - 9:00AM	6
<i>CAMO International Invitational</i>						
7 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	8 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	9 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	10 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	11 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	12 8:00 - 9:00AM 9:00AM - 12:00	13
<i>NODC Invitational</i>						
14 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	15 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	16 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	17 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	18 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 7:15PM	19 8:00 - 9:00AM 9:00AM - 12:00	20
21 6:45 - 7:45AM 7:45 - 8:45AM 3:00 - 4:00PM 4:00 - 5:45PM	22 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 6:00PM	23 6:45 - 7:45AM 7:45 - 8:45AM 3:15 - 5:45PM	24 No Diving	25 	26	27
28	29	30	31 			

# Forest City Diving Club

# January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	<b>Polar Bear Classic</b> <i>(Winnipeg)</i>	
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<b>High School Exams</b>		<b>Winter Senior Nationals</b> <i>(TBD)</i>			<b>Snowball Classic</b> <i>(Scarborough)</i>	

# Forest City Diving Club

# February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 <i>PD Day</i>	2	3	4	5	6	7
8	9	10	11	12	13 <i>Capitol City Invitational (Nepean)</i>	14
15 <i>Family Day</i>	16	17	18	19	20	21
22	23	24	25	26	27 <i>Forest City Invitational (London)</i>	28

# Forest City Diving Club

# March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	<b>Ontario Winter Games</b> <i>(Sudbury)</i>	
8	9	10	11	12	<b>March Break</b> <b>John Dickinson Invitational</b> <i>(Etobicoke)</i>	
<b>March Break</b>		17	18	19	<b>Marc Lepoole's Speedo Sting</b> <i>(Victoria)</i>	
					27	28
22	23	24	25	26	<b>Springbreak Invitational?</b> <i>(Burlington)</i>	
29	30	31				

# Forest City Diving Club

# April 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2  <i>Good Friday</i>	3	4 
5 	6	7	8	9	10	11
12	13	14	15	16-18 <i>Atlantic Championships</i> <i>(Halifax)</i>		
19	20	21	22	23 <i>PD Day</i>	24	25
26	27	28	29	30		

# Forest City Diving Club

May 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 <b>Mother's Day</b>
17	18	19	20	21	22 <i>Alberta Summer</i>	23 <i>Provincials</i> <i>(Edmonton)</i>
24 	25	26	27	28	29	30 <i>Ontario Tier I Provincials</i> <i>(Nepean Ottawa)</i>
31						

# Forest City Diving Club

June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
					<i>Ontario Tier II Provincials (Waterloo)</i>	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		<i>High School Exams</i>		<i>Summer Senior Nationals (Saskatoon)</i>		
28	29	30				
<i>High School Exams</i>						

# Forest City Diving Club

July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
			<i>Speedo Junior Nationals</i> <i>(Winnipeg)</i>			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# Forest City Diving Club

# August 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# Forest City Diving Club

# September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
			<i><b>FINA World Junior Championships</b></i> <i>(Tuscon, USA)</i>			
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			