

Gael Aquatic Club

April 2010

S	M	T	W	T	F	S
	Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: jhansbury@iona.edu ncavataro@iona.edu			1	②	③
				SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	ALL OFF GOOD FRIDAY	ALL OFF
④	⑤	⑥	⑦	⑧	⑨	⑩
ALL OFF Easter Sunday	ALL OFF	ALL OFF	ALL OFF	ALL OFF	ALL OFF	ALL OFF
11	12	13	14	15	16	17
ALL OFF	BRZ-4:30-5:30 GOLD-430-5:30 P-SR-6:00-7:30 SR -530-7:30	SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	BRZ-4:30-5:30 Senior 5:00-7:00 Pre-Sr 5:30-7:00	SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00	Sr/Pr-Sr 7:00-7:30 Dryland Sr/Pr-Sr/Gold Swim 7:30-9:00 Brz/Sil 9:00-10:15
18	19	20	21	22	23	24
ALL OFF	BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SR -530-7:30	SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	BRZ-4:30-5:30 Senior 5:00-7:00 Pre-Sr 5:30-7:00	SLV-4:30-5:30 GOLD-4:30-600 SENIOR Dry-Lnd 4:30-5:15 5:15-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00	Sr/Pr-Sr 7:00-7:30 Dryland Sr/Pr-Sr/Gold Swim 7:30-9:00 Brz/Sil 9:00-10:15
25	26	27	28	29	30	
ALL OFF	BRZ-4:30-5:30 GOLD-430-6:00 P-SR-6:00-7:30 SR -530-7:30	SLV-4:30-5:30 GOLD-4:30-600 P-SR-5:30-7:00 SENIOR 5:00-7:00pm	BRZ-4:30-5:30 Senior 5:00-7:00 Pre-Sr 5:30-7:00	SLV-4:30-5:30 GOLD-4:30-600 SENIOR 5:00-7:00pm	BRZ/SLV: 4:30-5:30 GOLD-500-6:30 P-SR-5:30-7:00 SEN-5:30-7:00	
A circled date indicates something special or different than the "normal" schedule.					KEY: BRZ = Bronze SLV = Silver P-SR = PreSr SEN = Senior	