

Gael Aquatic Club

May 2010

S	M	T	W	T	F	S
<p>A circled date indicates something special or different than the "normal" schedule.</p>					<p>KEY: BRZ = Bronze SLV = Silver GLD = Gold P-SR = PreSr</p>	<p>1 Sr/Pr-Sr 7:00-7:30 Dryland Sr/Pr-Sr/Gold Swim 7:30-9:00 Brz/Sil 9:00-10:30</p>
<p>2 ALL OFF</p>	<p>3 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR- 5:30-7:00 SR - 5:30-7:00</p>	<p>4 SLV-4:30-5:30 GLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm</p>	<p>5 BRZ-4:30-5:30 Sr. & Pr-Sr Dry-Land 4:00-5:00 Swim 5:00-6:30</p>	<p>6 SLV-4:30-5:30 GLD - 4:30-6:00 SENIOR 5:00-6:30</p>	<p>7 NO WORKOUTS GAEI TEAM DINNER</p>	<p>8 All Off Hope Everyone Enjoyed The Party</p>
<p>9 ALL OFF</p>	<p>10 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR- 5:30-7:00 SR - 5:30-7:00</p>	<p>11 SLV-4:30-5:30 GLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm</p>	<p>12 BRZ-4:30-5:30 Sr. & Pr-Sr Dry-Land 4:00-5:00 Swim 5:00-6:30</p>	<p>13 SLV-4:30-5:30 GLD - 4:30-6:00 SENIOR 5:00-6:30</p>	<p>14 BRZ/SLV: 4:30-5:30 GLD-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:00</p>	<p>15 Sr/Pr-Sr 7:00-7:30 Dryland Sr/Pr-Sr/Gold Swim 7:30-9:00 Brz/Sil 9:00-10:30</p>
<p>16 ALL OFF</p>	<p>17 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR- 5:30-7:00 SR - 5:30-7:00</p>	<p>18 SLV-4:30-5:30 GLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm</p>	<p>19 BRZ-4:30-5:30 Sr. & Pr-Sr Dry-Land 4:00-5:00 Swim 5:00-6:30</p>	<p>20 SLV-4:30-5:30 GLD - 4:30-6:00 SENIOR 5:00-6:30</p>	<p>21 BRZ/SLV: 4:30-5:30 GLD-4:30-5:30 P-SR-5:30-7:00 SEN-5:30-7:00</p>	<p>22 Sr/Pr-Sr 7:00-7:30 Dryland Sr/Pr-Sr/Gold Swim 7:30-9:00 Brz/Sil 9:00-10:30</p>
<p>23 ALL OFF</p>	<p>24 BRZ-4:30-5:30 GOLD-4:30-6:00 P-SR- 5:30-7:00 SR - 5:30-7:00</p>	<p>25 SLV-4:30-5:30 GLD-4:30-6:00 P-SR-5:30-7:00 SENIOR 5:00-7:00pm</p>	<p>26 BRZ-4:30-5:30 Sr. & Pr-Sr Dry-Land 4:00-5:00 Swim 5:00-6:30</p>	<p>27 Iona Prep Graduation All Off</p>	<p>28 All Off Happy Memorial Weekend</p>	<p>29 All Off Happy Memorial Weekend</p>
<p>30 All Off Happy Memorial Weekend</p>	<p>31 All Off Happy Memorial Weekend</p>	<p>Brian Cell - 914-438-9116 Nick at Iona - 914-633-2323 email: jhansbury@iona.edu ncavataro@iona.edu</p>				