



## Nepean Synchro Recreational Classes 2009-2010

**SEPTEMBER/OCTOBER 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26 <b>1<sup>st</sup> class</b>  6:00-7:30pm Pinecrest
27	28	29	30 <b>1<sup>st</sup> class</b>  4:30-6:00pm Walter Baker	1 <b>1<sup>st</sup> class</b> 4:30-6:00pm Walter Baker <hr/> 8:15-9:45pm Splex <b>(Adult / Masters)</b>	2 <b>1<sup>st</sup> class</b>  4:00-6:00pm / 4:30-6:00pm Walter Baker	3  6:00-7:30pm Pinecrest
4	5	6	7  4:30-6:00pm Walter Baker	8 4:30-6:00pm Walter Baker <hr/> 8:15-9:45pm Splex <b>(Adult / Masters)</b>	9  4:00-6:00pm / 4:30-6:00pm Walter Baker	10  6:00-7:30pm Pinecrest
11	12	13	14  4:30-6:00pm Walter Baker	15 4:30-6:00pm Walter Baker <hr/> 8:15-9:45pm Splex <b>(Adult / Masters)</b>	16  4:00-6:00pm / 4:30-6:00pm Walter Baker	17  6:00-7:30pm Pinecrest
18	19	20	21  4:30-6:00pm Walter Baker	22 4:30-6:00pm Walter Baker <hr/> 8:15-9:45pm Splex <b>(Adult / Masters)</b>	23  4:00-6:00pm / 4:30-6:00pm Walter Baker	24  6:00-7:30pm Pinecrest
25	26	27	28  4:30-6:00pm Walter Baker	29 4:30-6:00pm Walter Baker <hr/> 8:15-9:45pm Splex <b>(Adult / Masters)</b>	30  4:00-6:00pm / 4:30-6:00pm Walter Baker	31 <b>Classes Cancelled</b>  <b>Happy Halloween</b>



Nepean Synchro Recreational Classes 2009-2010

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## Nepean Synchro Recreational Classes 2009-2010

### NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 4:30–6:00pm Walter Baker	5 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	6 4:00-6:00pm / 4:30-6:00pm Walter Baker	7 6:00-7:30pm Pinecrest
8	9	10	11 4:30–6:00pm Walter Baker	12 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	13 4:00-6:00pm / 4:30-6:00pm Walter Baker	14 6:00-7:30pm Pinecrest
15	16	17	18 4:30–6:00pm Walter Baker	19 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	20 4:00-6:00pm / 4:30-6:00pm Walter Baker	21 6:00-7:30pm Pinecrest
22	23	24	25 4:30–6:00pm Walter Baker	26 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	27 4:00-6:00pm / 4:30-6:00pm Walter Baker	28 6:00-7:30pm Pinecrest
29	30					



## Nepean Synchro Recreational Classes 2009-2010

**DECEMBER 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 4:30–6:00pm Walter Baker	3 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	4 4:00-6:00pm / 4:30-6:00pm Walter Baker	5 6:00-7:30pm Pinecrest
6	7	8	9 4:30–6:00pm Walter Baker	10 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	11 4:00-6:00pm / 4:30-6:00pm Walter Baker	12 6:00-7:30pm Pinecrest
13	14	15	16 4:30–6:00pm Walter Baker	17 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	18 4:00-6:00pm / 4:30-6:00pm Walter Baker	19 6:00-7:30pm Pinecrest
20	21	22	23 <b>Christmas break No class</b>	24 <b>Christmas break No class</b>	25 <b>Christmas break No class</b>	26 <b>Christmas break No class</b>
27	28	29	30 <b>Christmas break No class</b>	31 <b>Christmas break No class</b>		



## Nepean Synchro Recreational Classes 2009-2010

**JANUARY 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Christmas break No class	2 Christmas break No class
3	4	5	6 4:30–6:00pm Walter Baker	7 4:30–6:00pm Walter Baker ----- 8:15–9:45pm Splex (Adult / Masters)	8 4:00-6:00pm / 4:30-6:00pm Walter Baker	9 6:00-7:30pm Level 1 Intro 1 <sup>st</sup> class Pinecrest
10	11	12	13 4:30–6:00pm Walter Baker	14 4:30–6:00pm Walter Baker ----- 8:15–9:45pm Splex (Adult / Masters)	15 4:00-6:00pm / 4:30-6:00pm Walter Baker	16 6:00-7:30pm Level 1 Intro Pinecrest
17	18	19	20 4:30–6:00pm Walter Baker	21 4:30–6:00pm Walter Baker ----- 8:15–9:45pm Splex (Adult / Masters)	22 4:00-6:00pm / 4:30-6:00pm Walter Baker	23 6:00-7:30pm Level 1 Intro Pinecrest
24	25	26	27 4:30–6:00pm Walter Baker	28 4:30–6:00pm Walter Baker ----- 8:15–9:45pm Splex (Adult / Masters)	29 4:00-6:00pm / 4:30-6:00pm Walter Baker	30 6:00-7:30pm Level 1 Intro Pinecrest
31						



## Nepean Synchro Recreational Classes 2009-2010

**FEBRUARY 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 4:30–6:00pm Walter Baker	4 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	5 4:00-6:00pm / 4:30-6:00pm Walter Baker	6 6:00-7:30pm Level 1 Intro Pinecrest
7	8	9	10 4:30–6:00pm Walter Baker	11 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	12 4:00-6:00pm / 4:30-6:00pm Walter Baker	13 6:00-7:30pm Level 1 Intro Pinecrest
14	15	16	17 4:30–6:00pm Walter Baker	18 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	19 4:00-6:00pm / 4:30-6:00pm Walter Baker	20 6:00-7:30pm Level 1 Intro Pinecrest
21	22	23	24 4:30–6:00pm Walter Baker	25 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	26 4:00-6:00pm / 4:30-6:00pm Walter Baker	27 6:00-7:30pm Level 1 Intro Pinecrest
28						



## Nepean Synchro Recreational Classes 2009-2010

### MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 4:30–6:00pm Walter Baker	4 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	5 4:00-6:00pm / 4:30-6:00pm Walter Baker	6 6:00-7:30pm Level 1 Intro Pinecrest
7	8	9	10 4:30–6:00pm Walter Baker	11 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	12 4:00-6:00pm / 4:30-6:00pm Walter Baker	13 6:00-7:30pm Level 1 Intro Pinecrest  <b>Last class at Pinecrest</b>
14	15	16	17 <b>March Break No class</b>	18 <b>March Break No class</b>	19 <b>March Break No class</b>	20 <b>March Break No class</b>
21	22	23	24 4:30–6:00pm Walter Baker	25 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	26 4:00-6:00pm / 4:30-6:00pm Walter Baker	27 4:00-5:30pm Level 1 Intro Walter Baker
28	29	30	31 4:30–6:00pm Walter Baker			



## Nepean Synchro Recreational Classes 2009-2010

**APRIL 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	<b>2</b> 4:00-6:00pm / 4:30-6:00pm Walter Baker	<b>3</b> 4:00-5:30pm Level 1 Intro Walter Baker
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> 4:30–6:00pm Walter Baker	<b>8</b> 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	<b>9</b> 4:00-6:00pm / 4:30-6:00pm Walter Baker	<b>10</b> 4:00-5:30pm Level 1 Intro Walter Baker
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 4:30–6:00pm Walter Baker	<b>15</b> 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	<b>16</b> 4:00-6:00pm / 4:30-6:00pm Walter Baker	<b>17</b> 4:00-5:30pm Level 1 Intro Walter Baker
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 4:30–6:00pm Walter Baker	<b>22</b> 4:30–6:00pm Walter Baker <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	<b>23</b> 4:00-6:00pm / 4:30-6:00pm Walter Baker	<b>24</b> 4:00-5:30pm Level 1 Intro Walter Baker
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>Class Rescheduled to Saturday</b>	<b>29</b> <b>Class Rescheduled to Saturday</b> <hr/> 8:15–9:45pm Splex <b>(Adult / Masters)</b>	<b>30</b> <b>Class Rescheduled to Saturday</b>	



## Nepean Synchro Recreational Classes 2009-2010

**MAY 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> All Classes 11-12:30pm Sportsplex  <b>Synchro show</b> <b>7-9pm</b> <b>Sportsplex</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					



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