

June - July

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lisa Hales will upload weekly roster and workouts	Email all workouts to HAMasters email. Word & pdf format	Lisa will format into pdf for website.	Workout leader -Print your workout for your workout day	Carol R - track daily and weekly attendance	Shoshana - track daily and weekly attendance	Murph - track attendance on 7/5
						June 15
						<i>Workouts due today for Week 6/17-21</i>
June 16	June 17	June 18	June 19	June 20	June 21	June 22
<i>Roster and workouts uploaded to website</i>	Caryl - GCCC	Caryl - Sal P	Carol/Pierre - GCCC	Paul Blumenthal/ Shoshana - Sal P	Murph/Shoshana - 6-7am Carol/Pierre - Noon	<i>Workouts due today for week 6/24-28</i>
June 23	June 24	June 25	June 26	June 27	June 28	June 23
<i>Roster and workouts uploaded to website</i>	Carol/Pierre - GCCC	Karlyn/Shoshana - Sal P	Ken - GCCC	Paul B/Shoshana - Sal P	Murph/Shoshana- 6-7am Carol/Pierre - Noon	<i>Workouts due today for week 7/1-5</i>
June 30	July 1	July 2	July 3	July 4	July 5	July 6
<i>Roster and workouts uploaded to website</i>	Carol/Pierre - GCCC	Karlyn/Shoshana - Sal P	Ken - GCCC	Pools Closed	Murph - 6-7am Carol/Pierre - Noon	
July 7	July 8	July 9	July 10	July 11	July 12	July 13
	Caryl - GCCC	Caryl - Sal P	Caryl - GCCC	Caryl - Sal P	Caryl - Sal P 6am and Noon	