

# SEPTEMBER 12- 17/2011

WEEK # 1

TIME	MONDAY SEP.12								TUESDAY SEP.13								WEDNESDAY SEP.14								THURSDAY SEP.15								FRIDAY SEP.16								SATURDAY SEP.17															
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8								
6:00																																																								
6:30	<b>FOUR SEASONS POOL</b>																																																							
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10:00																																																								
10:30	September, 12 - Oct. 01 Swimming will take place at Four Seasons Pool																																																							
11:00	September, 13- Oct. 01 all Dryland Training will take place at Massey Stadium																																																							
4:00																																																								
4:30	<b>Registration</b> <b>New Members</b> Time: 5:00- 7:30 pm <b>Four Seasons Pool</b>								<b>Dryland:</b> Elite-4:00-5:00pm Jason N/Y-4:00-5:00pm Jerzy								<b>Dryland:</b> N/Y-5:30-6:30pm Jerzy								<b>Dryland:</b> Elite-4:00-5:00pm Jason N/Y-4:00-5:00pm Jerzy								<b>Dryland:</b> N/Y-5:30-6:30pm Jerzy																							
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# SEPTEMBER 19 - 24/2011

WEEK # 2

TIME	MONDAY SEP.19	TUESDAY SEP.20	WEDNESDAY SEP.21	THURSDAY SEP.22	FRIDAY SEP.23	SATURDAY SEP.24
	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
6:00						
6:30						
7:00						
7:30						
8:00						8:00 N/Y E
8:30	<b>FOUR SEASONS POOL</b>					
9:00						9:30 DIIAB DI
9:30						
10:00						10:30
10:30	September, 19- Oct. 01 all Dryland Training will take place at Massey Stadium					
11:00						
4:00						
4:30	<b>Dryland:</b> N/Y-5:30-6:30pm Jerzy	<b>Dryland:</b> Elite-4:00-5:00pm Jason N/Y-4:00-5:00pm Jerzy	<b>Dryland:</b> N/Y-5:30-6:30pm Jerzy	<b>Dryland:</b> Elite-4:00-5:00pm Jason N/Y-4:00-5:00pm Jerzy	<b>Dryland:</b> N/Y-5:30-6:30pm Jerzy	
5:00	DI 4:30		DI 4:30		DI 4:30	
5:30						
6:00	DIII 5:30 DIIC 5:30		DIII 5:30 DIIC 5:30		DIII 5:30 DIIC 5:30	
6:30	DII AB 6:15	N/Y 6:15 E 6:15	DII AB 6:15	N/Y 6:15 E 6:15	DII AB 6:15	
7:00						
7:30	N/Y 7:00 E 7:00	J/S Dev. 7:00 DI 7:00	N/Y 7:00 E 7:00	J/S Dev. 7:00 DI 7:00	N/Y 7:00 E 7:00	
8:00						
8:30						

# SEPTEMBER 26 - Oct. 01 /2011

WEEK # 3

TIME	MONDAY SEP.26								TUESDAY SEP.27								WEDNESDAY SEP.28								THURSDAY SEP.29								FRIDAY SEP.30								SATURDAY, OCT 01																															
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8																								
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4:30	Dryland: N/Y-5:30-6:30pm Jerzy								Dryland: Elite-4:00-5:00pm Jason N/Y-4:00-5:00pm Jerzy								Dryland: N/Y-5:30-6:30pm Jerzy								Dryland: Elite-4:00-5:00pm Jason N/Y-4:00-5:00pm Jerzy								Dryland: N/Y-5:30-6:30pm Jerzy																																							
5:00	DI				4:30												DI				4:30												DI				4:30																																			
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6:00	DIII				DIIC												N/Y				E												DIII				DIIC																																			
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7:00																																																																								
7:30	N/Y				E												J/S Dev.				DI												N/Y				E																																			
8:00																																																																								
8:30																																																																								

September 26 - Oct. 01 all Dryland Training will take place at Massey Stadium

# OCTOBER 03-08/20011

WEEK # 4

TIME	MONDAY ,Oct. 03		TUESDAY , Oct.04		WEDNESDAY,Oct.05		THURSDAY,Oct.06		FRIDAY,Oct.07		SATURDAY,Oct.08				
	3L	2L	3L		3L		2L		3L	2L		3L	2L		
6:00	6:00-7:30 N/Y	6:00-7:30 E			Master: 6:15 - 7:15		Master: 6:15-7:15		6:00-7:30 N/Y	6:00-7:30 E					
7:30											8:15-9:15 am - D1 dryland				
8:00	LONG COURSE AM										9:15-10 am - DIIA dryland				
10:00	OCTOBER 03 - AQUATIC CENTRE										8:00-10:00 N/Y	8:00-9:30 E			
11:00	SHORT COURSE PM										9:30-11:00 DI				
4:30	4:00 - 5:15 N/Y Dryland 4:30 - 5:15 DI Dryland		4:00 - 4:30 N/Y Dryland 4:00 - 5:00 Elite Dryland		4:00-5:00 N/Y Dryland 4:00 - 5:00 Elite Dryland		4:00-4:30 N/Y-Shou. Exerc. 4:00 - 5:00 Elite Dryland		4:00-4:30 N/Y Dryland 4:30-5:15 DI - Dryland						
5:00			4:30-6:30 N/Y		5:00-6:30 E		4:30-6:30 N/Y		4:30-6:30 N/Y					Master:12:00 - 1:30 pm	
5:30	5:30 - 7:00 DI	5:30-6:30 DII A		5:00-6:30 E	5:00-7:00 N/Y	5:00-6:30 E	5:00-6:30 E		5:30 - 7:00 DI						
6:30		6:30-7:30 DII B	6:30-7:30 DII A/B	6:30 - 7:30 DI			6:30-7:30 DII A/B	6:30 - 7:30 DI							
7:00	7:00 - 8:00 J/S Dev				7:00 - 8:30 J/S Dev		7:30-9:00 J/S Dev			7:00-8:30 J/S Dev					
8:00	Master:8:00-9:00pm														
9:00	DEV.III - 5:30- 6:15PM DEV.IIC - 6:15 -7:15PM				DEV.III - 5:30- 6:15PM DEV.IIC - 6:15 -7:15PM				DEV.III - 5:30- 6:15PM DEV.IIC - 6:15 -7:15PM						

Practice schedule 2011/2012

Regular Schedule begins Oct. 10th

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	3L	2L	3L		3L		2L		3L	2L	3L	2L
6:00	6:00-7:30 N/Y	6:00-7:30 E	6:00-7:30 N/Y		Master: 6:15 - 7:15		N	Master:6:15-7:15	6:00-7:30 N/Y	6:00-7:30 E		
7:30											8:15-9:15 am - D1 dryland	
8:00	LONG COURSE AM										9:15-10 am - DIIA/B dryland	
											8-10 am N/Y	8-9:30am E
10:00											9:30-11am DI	
11:00											10-11 am DII A/B	
	SHORT COURSE PM											
	3L	3L	3L	3L	3L	3L	3L	3L	3L	3L		
4:30	4:00 - 5:15 N/Y Dryland 4:30 - 5:15 DI Dryland		4:00 - 4:30 N/Y Dryland 4:00 - 5:00 Elite Dryland		4:00-5:00 N/Y Dryland 4:00 - 5:00 Elite Dryland		4:00-4:30 N/Y-Shou. Exerc. 4:00 - 5:00 Elite Dryland		4:00-4:30 N/Y Dryland 4:30-5:15 DI - Dryland		Master:12:00 - 1:30 pm	
5:00			4:30-6:30 N/Y				4:30-6:30 N/Y		4:30-6:30 N/Y			
5:30	5:30 - 7:00 DI	5:30-6:30 DII A		5:00-6:30 E	5:00-7:00 N/Y	5:00-6:30 E		5:00-6:30 E		5:30 - 7:00 DI		
6:30		6:30-7:30 DII B	6:30-7:30 DII A/B	6:30 - 7:30 DI			6:30-7:30 DII A/B	6:30 - 7:30 DI				
7:00	7:00 - 8:00 J/S Dev				7:00 - 8:30 J/S Dev		7:30-9:00 J/S Dev			7:00-8:30 J/S Dev		
8:00												
9:00	Master:8:00-9:00pm swim school 5:00 - 5:30 pm DEV.III - 5:30- 6:15PM DEV.IIC - 6:15 - 7:15PM				DEV.III - 5:30- 6:15PM DEV.IIC - 6:15 - 7:15PM				swim school 5:00 - 5:30 pm DEV.III - 5:30- 6:15PM DEV.IIC - 6:15 - 7:15PM			

**Swim School:**

Fall 2010 ( Oct 28 - Dec.16) - Monday and Friday 5:00- 5:30 pm  
 Winter 2012( Jan. 9 - Feb. 24) - Monday and Friday 5:00- 5:30 pm  
 Spring 2012( Feb 27 - Apr.27) - Monday and Friday 5:00- 5:30 pm  
 Summer 2012 (April 30 - Jun.18) - Monday and Friday 5:00- 5:30 pm