



2022-2023 Pool Schedule

Competitive Groups

Note: dryland training after practice will be added to some practices. Coaches will contact you directly.

Intro Comp 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						7:00-8:30am
PM	4:00-5:00pm		4:00-5:30pm		4:00-5:30pm	

Intro Comp JDF	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday **at SCP pool
AM						7:00-8:30am
PM	4:30 – 6:00pm		4:30 – 6:00pm		4:30 – 6:00pm	

Intro Comp 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						7:00-8:30am
PM	4:00-5:00pm	4:45 – 6:00pm	4:00-5:30pm		4:00-5:30pm	

Regional 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:30-8:00am
PM	4:00 – 5:30pm	4:00 – 5:30pm		4:00 – 5:30pm	4:00-6:00pm	

Regional 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30 – 7:00am			6:30-8:00am
PM	4:00 – 5:30pm	4:00 – 5:30pm		4:00 – 5:30pm	4:00-6:00pm	

Provincial Junior / Senior*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30 – 7:30am		5:30 – 7:30am		6:00-8:00am
PM	4:00 – 6:00pm	4:00 - 5:30pm	4:00 – 6:00pm	4:00 – 5:30pm		

* Provincial Senior choose 6 practices

CSI**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Morning practices will be with your National or Provincial affiliate group					
PM	2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	2:00-4:00pm	

National Development	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30 – 7:30am		5:30 – 7:30am			6:00-8:00am
PM		4:00 – 6:00pm	4:00 – 6:00pm	4:00 – 6:00pm	4:00 – 6:00pm	

National Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:30 – 7:30am		5:30-7:30am	6:00-8:00am
PM	4:00 – 6:00pm	4:00-6:00pm	4:00 – 6:00pm	4:00-6:00pm	4:00 – 6:00pm	