



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						6:45- activation 7:00-8:30 swim
PM	3:45- Activation 4:00-5:00 swim		3:45- Activation 4:00-5:30 swim		3:45- Activation 4:00-5:30 swim	

Intro Comp JDF	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday **at SCP pool
AM						6:45- activation 7:00-8:30 swim
PM	4:15- Activation 4:30-6:00 swim		4:15- Activation 4:30-6:00 swim		4:15- Activation 4:30-6:00 swim	

Intro Comp 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:45- activation 7:00-8:30 swim
PM	3:45- Activation 4:00-5:00 swim	4:30- Activation 4:45-6:00swim	3:45- Activation 4:00-5:30 swim		3:45- Activation 4:00-5:30 swim	

Regional 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:15- Activation 5:30 – 7:30am Optional			5:45 -6:30Dryland 6:00-8:00am 8:00-8:30 Team activity
PM	3:40-4:00 Dryland 4:00 –5:30 swim	3:40-4:00 Dryland 4:00 –5:30 swim		3:40-4:00 Dryland 4:00 –5:30 swim	3:40-4:00 Dryland 4:00-6:00 swim	

Regional 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			5:15- Activation 5:30 – 7:30am			5:45 -6:30Dryland 6:00-8:00am 8:00-8:30 Team activity
PM	3:40-4:00 Dryland 4:00 –5:30 swim	3:40-4:00 Dryland 4:00 –5:30 swim		3:40-4:00 Dryland 4:00 –5:30swim	3:40-4:00 Dryland 4:00 –5:30 swim	

Provincial Junior / Senior*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:15- Activation 5:30 –7:30 swim		5:15- Activation 5:30 –7:30 swim		5:45- Activation 6:00-8:30 swim
PM	3:40- Activation 4:00 – 6:00 swim 6:00-6:20 stretch	3:40- Activation 4:00 -5:30 swim 5:35-6:00 strength	3:40- Activation 4:00 -6:00 swim	3:40- Activation 4:00 -5:30 swim 5:45-6:30 Dryland		

* Provincial Senior choose 6 practices



2022-2023 Pool Schedule

CSI**	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Morning practices will be with your National or Provincial affiliate group					5:45- Activation 6:00-8:30- swim 8:30-8:50- PC
PM	2:00-4:00 swim 4:00-4:20- PC	2:00-4:00 swim 4:15-5:30 Weight	2:00-4:00 swim 4:00-4:20- PC	2:00-4:00 swim 4:15-5:30 Weight	2:00-4:00 swim 4:00-4:20- PC	

National Development	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:15- Activation 5:30 -7:30 swim 7:30-7:45- PC		5:15- Activation 5:30-7:30 swim 7:30-7:45- PC			5:45- Activation 6:00-8:30 swim 8:45-9:45 Weight
PM	3:45- Activation 4:00 - 6:00 swim 6:00-6:15- PC	3:45- Activation 4:00-6:00 swim	3:45- Activation 4:00-6:00 swim 6:00-6:15- PC	3:45- Activation 4:00-6:00 swim 6:15-7:15Weight	3:45- Activation 4:00-6:00 swim 6:00-6:15- PC	

National Performance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Few top swimmers might be invited for a 9 th practice		5:15- Activation 5:30 -7:30 swim 7:30-7:45- PC		5:15- Activation 5:30 -7:30 swim 7:30-7:45- PC	5:45- Activation 6:00-8:30 swim 8:45-9:45 Weight
PM	3:45- Activation 4:00 - 6:00 swim 6:15-7:15Weight	3:45- Activation 4:00-6:00 swim	3:45- Activation 4:00-6:00 swim 6:00-6:15- PC	3:45- Activation 4:00-6:00 swim	3:45- Activation 4:00-6:00 swim 6:00-6:15- PC	

Activation= Deck warm up (mobility, injury prevention)

PC= Personal Care (Stretching, mobility,...)

Dryland= Upstairs mezzanine