



## Catalina Schedule 2024/2025



Standard Schedule								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite	AM	RDP 7:00-8:00	Act 5:45-6:00 Swim 6:00-8:00	RDP 7:00-8:00	<b>Aero Phase</b> Act 5:45-6:00 Swim 6:00-8:00		Act 8:15-8:30 Swim 8:30-10:30 Pilates 11:15-12:15	
	PM	Act 2:30-2:45 Swim 2:45-4:45 PC 4:45-5:00	Act 2:30-2:45 Swim 2:45-4:30	Act 2:30-2:45 Swim 2:45-4:45 PC 4:45-5:00	Act 2:30-2:45 Swim 2:45-4:30 PC 4:45-5:00	Act 2:30-2:45 Swim 2:45-4:15 Yoga 5:00-6:00		
Performance	AM		Act 5:45-6:00 Swim 6:00-8:00	RDP 7:00-8:00			Act 8:15-8:30 Swim 8:30-10:30 Pilates 11:15-12:15	
	PM	Act 2:30-2:45 Swim 2:45-4:15 Dry 4:15-5:00	Act 2:30-2:45 Swim 2:45-4:30	Act 2:30-2:45 Swim 2:45-4:45 PC 4:45-5:00	Act 2:30-2:45 Swim 2:45-4:30 PC 4:45-5:00	Act 2:30-2:45 Swim 2:45-4:15 Dry 5:00-6:00 or Yoga		
Prospect	AM			Act 5:45-6:00 Swim 6:00-7:30			Act 5:45-6:00 Swim 6:00-7:30 Yoga/Dry 7:45-8:45	
	PM	Dry 4:45-5:45 Swim 5:45-7:15	Act 4:15-4:30 Swim 4:30-6:00	Act 3:45-4:00 Swim 4:00-5:00 Dry 5:15-6:15	Act 4:15-4:30 Swim 4:30-6:00 PC 6:00-6:15	Act 4:00-4:15 Swim 4:15-6:15		
Provincial	AM			Act 5:45-6:00 Swim 6:00-7:30			Act 5:45-6:00 Swim 6:00-7:30 Yoga/Dry 7:45-8:45	
	PM	Dry 4:45-5:45 Swim 6:00-7:15	Act 4:15-4:30 Swim 4:30-5:30		Act 4:15-4:30 Swim 4:30-5:30 PC 5:30-5:45	Act 4:30-4:45 Swim 4:45-6:15		
Development	AM						Act 7:15-7:30 Swim 7:30-8:30	
	PM	Act 4:00-4:15 Swim 4:15-5:30	Act 5:15-5:30 Swim 5:30-6:30 Dry 6:30-7:00		Act 5:15-5:30 Swim 5:30-6:30 Dry 6:30-7:00	<b>DAWE CENTER</b> Act 3:45-4:00 Swim 4:00-5:00		
Youth	AM						Act 7:15-7:30 Swim 7:30-8:30	
	PM		Dry 5:30-6:00 Swim 6:00-7:00		Dry 5:30-6:00 Swim 6:00-7:00	<b>REC CENTER</b> Act 3:45-4:00 Swim 4:00-5:00		
Jr Youth	PM		Dry 5:30-6:00 Swim 6:00-7:00		Dry 5:30-6:00 Swim 6:00-7:00	<b>REC CENTER</b> Act 3:45-4:00 Swim 4:00-5:00		
Learn to Swim	PM	(1) 5:00-5:45 (2) 5:45-6:30		(1) 5:00-5:45 (2) 5:45-6:30				
		Dry = Dryland - Sport gear needed		Act = Activation	IP = Injury Prevention dryland			

**Aero Phase** = Oct 10 - Nov 21, Jan 9- Feb 6.