



Monday September 9	Tuesday September 10	Wednesday September 11	Thursday September 12	Friday September 13	Saturday September 14	Sunday September 15
Performance + Elite- <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Prospect <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00 Assessments 4:30-6:00		Performance + Elite- <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Prospect <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00 Assessments 4:30-6:00	Elite <u>Act:</u> 2:30-2:45 <u>Swim</u> 2:45-4:15	Performance + Elite- <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Prospect <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00	*Saturday morning practices start Oct 5th*	
Monday September 16	Tuesday September 17	Wednesday September 18	Thursday September 19	Friday September 20	Saturday September 21	Sunday September 22
Performance + Elite <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00	Performance + Elite <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Development <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00 Youth & Jr. Youth <u>Dry:</u> 5:30-6:00 <u>Swim:</u> 6:00-7:00	Performance + Elite <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00	Elite <u>Act:</u> 2:30-2:45 <u>Swim</u> 2:45-4:15 Development <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00 Youth & Jr. Youth <u>Dry:</u> 5:30-6:00 <u>Swim:</u> 6:00-7:00	Performance + Elite <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00	*Saturday morning practices start Oct 5th*	



Monday September 23	Tuesday September 24	Wednesday September 25	Thursday September 26	Friday September 27	Saturday September 28	Sunday September 29
Elite <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:45 Performance <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Dry:</u> 4:45-5:45 <u>Swim:</u> 5:45-7:15 LTS 5:00-6:30	Performance + Elite- <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Act:</u> 4:00-4:15 <u>Swim:</u> 4:15-5:30 Development <u>Act:</u> 5:15-5:30 <u>Swim:</u> 5:30-6:30 Youth & Jr. Youth <u>Act:</u> 5:45-6:00 <u>Swim:</u> 6:00-7:00	Performance + Elite- <u>Act:</u> 2:30-2:45 <u>Swim</u> 2:45-4:15 Prospect <u>Swim:</u> 4:30-5:45 <u>Dry:</u> 5:45-6:45 LTS 5:00-6:30	Performance + Elite- <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Act:</u> 4:00-4:15 <u>Swim:</u> 4:15-5:30 Development <u>Act:</u> 5:15-5:30 <u>Swim:</u> 5:30-6:30 Youth & Jr. Youth <u>Act:</u> 5:45-6:00 <u>Swim:</u> 6:00-7:00	Elite <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:45 Performance <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:15 Provincial + Prospect- <u>Act:</u> 4:00-4:15 <u>Swim:</u> 4:30-5:30 Development <u>Act:</u> 4:45-5:00 <u>Swim:</u> 5:00-6:00	*Saturday morning practices start Oct 5th*	
Monday September 30	Tuesday October 1	Wednesday October 2	Thursday October 3	Friday October 4	Saturday October 5	Sunday October 6
Performance + Elite- <u>Act:</u> 2:30–2:45 <u>Swim</u> 2:45-4:30 Provincial + Prospect- <u>Act:</u> 4:15-4:30 <u>Swim:</u> 4:30-6:00 NO LTS	Switch to regular schedule →					