

# SWIM ACADEMY - TRAINING DAYS & TIMES

*NOTE: All practices include a 15 minute poolside activation*

	MON*	TUE	WED	THU	FRI	SAT	SUN
YEAR ROUND SWIM TEAM FRESHMAN		4:30PM - 5:30PM (SWIM)		4:30PM - 5:30PM (SWIM)		9:15AM - 10:15AM (MULTISPORT)	
YEAR ROUND SWIM TEAM SOPHOMORE	4:45PM - 6:00PM (SWIM)		5:15PM - 6:30PM (SWIM)	5:15PM-6:30PM (WATER POLO)	6:45PM-8:00PM (SWIM/ LIFESAVING)		
YEAR ROUND SWIM TEAM JUNIOR	5:45PM - 7:00PM (SWIM)		6:15PM - 7:30PM (SWIM)	4:35PM-5:50PM (WATER POLO)	6:45PM-8:00PM (SWIM/ LIFESAVING)	8:00AM - 9:15AM (SWIM)	
YEAR ROUND SWIM TEAM SENIOR	6:45PM-8:00PM (SWIM/ LIFESAVING)	6:45AM- 8:00AM (SWIM)	4:15PM - 5:30PM (SWIM)	6:45AM- 8:00AM (SWIM) AND/OR 4:35PM-5:50PM (WATER POLO)		7:00AM - 8:15AM (SWIM)	
LIFESAVING SPORT	6:45PM - 8:00PM (LIFESAVING SPORT)			5:15PM - 6:30PM (WATER POLO)			11:15-12:30PM (SWIM)
WATER POLO ATOM	4:45PM-6:00PM (SWIM)	5:15PM-6:30PM (WATER POLO)		6:15PM-7:30PM (WATER POLO)			
WATER POLO PEEWEE	5:45PM - 7:00PM (SWIM)	5:15PM-6:30PM (WATER POLO)		7:15PM-8:30PM (WATER POLO)			11:15AM-12:30PM (SWIM/LIFESAVING)
WATER POLO BANTAM		6:15PM-8:00PM (WATER POLO)	4:15PM - 5:30PM (SWIM)	7:15PM-8:30PM (WATER POLO)			12:15PM -1:30PM (SWIM/LIFESAVING)
SUMMER SWIM TEAM BRONZE	6:45PM - 8:00PM (LIFESAVING SPORT)			5:15PM-6:30PM (WATER POLO)	5:45PM-7:00PM (SWIM)		10:15AM-11:30AM (SWIM)
SUMMER SWIM TEAM SILVER	7:45PM - 9:00PM (LIFESAVING SPORT)			4:35PM-5:50PM (WATER POLO)	4:45PM-6:00PM (SWIM)		9:15AM-10:30AM (SWIM)
SUMMER SWIM TEAM GOLD	7:45PM - 9:00PM (LIFESAVING SPORT)			4:35PM-5:50PM (WATER POLO)	3:45PM - 5:00PM (SWIM)		8:15AM-9:30AM (SWIM)

\*Please note: There will be no programs on Monday, February 18th for Maud Lewis Heritage Day.