



## SUMMER SWIM TEAM SCHEDULE\*

NOTE: All practices include a 15 minute poolside activation

	MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	5:45pm-7pm	3:45pm-5pm	5:15pm-6:30pm	5:45pm-7pm	5:45pm-7pm	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
SILVER	3:45pm-5pm	5:45pm-7pm	6:15pm - 7:30pm	6:45am-8am 4:45pm-6pm	3:45pm-5pm	
GOLD	4:45pm-6pm	6:45am-8am 4:45pm-6pm	3:45-5:30pm	3:45pm-5pm	4:45pm-6pm	
PLATINUM	6:45pm-8pm	4:45pm-6pm	6:45am-8am 3:45-5:30pm	3:45pm-5pm	6:45pm-8pm	
ALL LEVELS		7pm-8:30pm Optional Water Polo Practice		7pm-8:30pm Optional Water Polo Practice		

\*Please note: There are no practices on Monday, August 5th.