

SWIM ACADEMY - TRAINING DAYS & TIMES

NOTE: All practices include a 15-minute poolside activation

	MON*	TUE	WED	THU	FRI*	SUN*
YEAR ROUND SWIM TEAM FRESHMAN	5:00pm-6:00pm				4:00pm-5:00pm (Swim) 5:00pm-6:00pm (Multi-Sport)	
YEAR ROUND SWIM TEAM SOPHOMORE	5:00pm-6:00pm				4:00pm-5:00pm (Swim) 5:00pm-6:00pm (Multi-Sport)	10:15am-11:15am
YEAR ROUND SWIM TEAM JUNIOR	6:00pm-7:00pm	5:15pm-6:15pm (Dryland Training)		6:15pm-7:15pm	4:00pm-5:00pm (Multi-Sport) 5:00pm-6:00pm (Swim)	9:00am-10:00am
YEAR ROUND SWIM TEAM SENIOR	4:00pm-5:00pm		6:15pm-7:15pm	5:15pm-6:15pm (Dryland Training)	4:00pm-5:00pm (Multi-Sport) 6:15pm-7:15pm (Swim)	9:00am-10:00am
MULTI-SPORT	6:00pm-7:00pm (Swim)					10:15am-11:15am
SUMMER SWIM TEAM BRONZE	6:00pm-7:00pm				5:00pm-6:00pm (Multi-Sport) 6:15pm-7:15pm (Swim)	
SUMMER SWIM TEAM SILVER	4:00pm-5:00pm				4:00pm-5:00pm (Multi-Sport)	8:00am-9:00am
SUMMER SWIM TEAM GOLD/ PLATINUM	5:00pm-6:00pm				4:00pm-5:00pm (Multi-Sport)	8:00am-9:00am

*There will be no programs on Monday, February 15th for Heritage Day, March 13th-21st for March Break, April 2nd-5th for Easter and May 24th for Victoria Day.

Please note: Year round teams have the opportunity to book Multi-Sport practices and dryland training at no additional fee. To register for these practices, click on your registered swim team day/time link on the training schedule. Bookings can be made up to 7 days in advance.