

Tentative Training Schedule 2016-17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	National / Senior Gold 5:15-7am @ AOP	National / Senior Gold 5:15-7am @ AOP	Junior Blue 5:15-7:00am @AOP	National / Senior Gold 5:15-6:45 am @ Pan Am (4 LC)	National / Senior Gold 5:15-7am @ AOP	National / Senior Gold 5:30-7:30am @ Pan Am (4 LC)	
		Senior Blue 5:15-7am @ AOP		Senior Blue 5:15-7:00am @ AOP		National / Senior Gold 8:00-9:00am @ Pan Am dryland	Novice Gold 7:00-9am @ AOP
				Junior Gold 5:15-7:00am @ AOP		Senior Blue 5:30-7:30am @ Pan Am (4 LC)	
						Senior Blue 8:00-9:00 @ Pan Am dryland	
						Junior Gold 7-9am @ Pan Am (4 LC) (30 min dryland)	
						Junior Blue 7-9am @ Pan Am (4 LC) (30 min dryland)	
						Novice Blue - 7:30-9am @ AOP	
					Swim Skills - 7:30-9am @ AOP		
Afternoon	National 4-5:30pm @ AOP	Novice Gold 4:15-6pm @ AOP	Novice Blue 4-5:30pm @ AOP	Junior Blue 4:00-6:00pm @ AOP	Senior Blue - 4-5:30pm @ AOP		
	Senior Blue 4-5:30pm @ AOP	National / Senior Gold 5-6:15pm dryland @ Pan Am	Swim Skills 4-5:30pm @ AOP	National / Senior Gold 6:30-8:30pm @ Pan Am (5 SC)	Junior Gold 4-5:30pm @ AOP		
	Junior Gold 4-5:30pm @ AOP	National / Senior Gold 6:30-8:30pm @ Pan Am (5 SC)			Novice Gold 5:30-7pm @ AOP		
	Junior Blue 4-5:30pm @ EV	Junior Gold 5-6:15pm dryland @ Pan Am					
		Junior Gold 6:30-8:30pm @ Pan Am (5 SC)					

AOP – Anne Ottenbrite Pool, Iroquois Park Sports Centre, 500 Victoria St W, Whitby

EV – Eastview Boys & Girls Club, 433 Eulalie Ave, Oshawa

Pan Am – Toronto Pan Am Sports Centre , 875 Morningside Ave, Scarborough