

Training Schedule of Season 2023-2024

High-Competitive and Competitive groups

Updated on August 31, 2023

High-Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite A	Dry: 3.25 Pool:13 Total:16.25						Killarney Dry: 5:45-6:00am Pool: 6:00-8:00am	
		Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm	Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:30pm	Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm	Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:30pm	Killarney Dry: 3:45-4:00pm Pool: 4:00-6:00pm	Renfrew Dry: 6:00-7:15pm Pool: 7:15-9:15pm	
Elite B	Dry: 3 Pool: 11 Total: 14						Killarney Dry: 5:45-6:00am Pool: 6:00-8:00am	
		Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm	Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:30pm	Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm	Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:30pm		Renfrew Dry: 6:00-7:15pm Pool: 7:15-9:15pm	
Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior A	Dry: 2 Pool: 10 Total: 12						Templeton Dry:5:45-6:00am Pool: 6:00-8:00am	Templeton Dry: 8:45-9:00am Pool: 9:00-11:00am
			Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm		Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm		Renfrew Dry: 4:45-5:15pm Pool: 5:15-7:15pm	
Senior B	Dry: 2 Pool: 10 Total: 12						Templeton Dry: 5:45-6:00am Pool: 6:00-8:00am	Templeton Dry: 8:45-9:00am Pool: 9:00-11:00am
			Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm		Killarney Dry: 4:30-5:00pm Pool: 5:00-7:00pm	Hillcrest Dry: 5:30-6:00pm Pool: 6:00-8:00pm		
Junior	Dry: 1.75 Pool: 9 Total: 10.75	Templeton Dry: 6:00-6:30pm Pool: 6:30-8:00pm		Templeton Dry: 6:00-6:30pm Pool: 6:30-8:00pm		Templeton Dry: 4:15-4:30pm Pool: 4:30-6:30pm	Templeton Dry: 5:45-6:00am Pool: 6:00-8:00am	Templeton Dry: 8:45-9:00am Pool: 9:00-11:00am

Pool Address: Killarney: 6260 Killarney St, Vancouver
Templeton: 700 Templeton Dr, Vancouver
Renfrew: 2929 E 22nd Ave, Vancouver

Hillcrest: 4575 Clancy Loranger Way, Vancouver
Central Park Pool: 6110 Boundary Rd, Burnaby