

Training Schedule of Season 2021-2022 - June (Renfrew closure)

High Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite A	Dryland: 2.75		Hillcrest Dry: 5:45-6:00am Pool: 6:00-7:30am			Hillcrest Dry: 5:45-6:00am Pool: 6:00-7:30am	Killarney Dry: 5:45-6:00am Pool: 6:00-8:00am	
	Pool: 12 Total Hours: 14.75	Killarney Dry: 4:45-5:00pm Pool: 5:00-7:00pm		Killarney Dry: 4:45-5:00pm Pool: 5:00-7:00pm	Killarney Dry: 4:45-5:00pm Pool: 5:00-7:00pm		Central Park Dry: 4:00-5:00pm Pool: 5:00-7:00pm	
Elite B	Dryland: 1.5		Hillcrest Dry: 5:45-6:00am Pool: 6:00-7:30am			Hillcrest Dry: 5:45-6:00am Pool: 6:00-7:30am	Killarney Dry: 5:45-6:00am Pool: 6:00-8:00am	
	Pool: 11 Total Hours: 12.5	Killarney Dry: 4:45-5:00pm Pool: 5:00-7:00pm		Killarney Dry: 4:45-5:00pm Pool: 5:00-7:00pm			Central Park Dry: 4:00-5:00pm Pool: 5:00-7:00pm	
Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	Dryland: 1.5 Pool: 9.5 Total Hours: 11	Renfrew Dry: 5:00-7:00pm	Britannia Dry: 3:45-4:00pm Pool: 4:00-6:00pm		Britannia Dry: 3:45-4:00pm Pool: 4:00-6:00pm		Templeton Dry: 5:45-6:00am Pool: 6:00-8:00am	Templeton Dry: 8:45-9:00am Pool: 9:00-11:00am
Age	Dryland: 1.75 Pool: 8.5 Total Hours: 10.25	Templeton Dry: 6:00-6:30pm Pool: 6:30-8:00pm		Templeton_2 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
Junior	Dryland: 1.5 Pool: 5.75 Total Hours: 7.25		Hillcrest Dry: 6:30-7:00pm Pool: 7:00-7:45pm	Hillcrest Dry: 6:30-7:00pm Pool: 7:00-8:30pm		Hillcrest Dry: 5:30-6:00pm Pool: 6:00-7:00pm	Killarney Dry: 5:45-6:00am Pool: 6:00-8:00am	
Pre-Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	Dryland: 1.25 Pool: 3.25 Total Hours: 4.5			Hillcrest Dry: 6:30-7:00pm Pool: 7:00-7:45pm		Hillcrest Dry: 5:30-6:00pm Pool: 6:00-7:00pm	Central Park Dry: 5:30-6:00pm Pool: 6:00-7:00pm	
Silver	Dryland: 1 Pool: 3.5 Total Hours: 4.5		Killarney Dry: 4:45-5:00pm Pool: 5:00-6:00pm			Hillcrest Dry: 7:30-8:00pm Pool: 8:00-9:00pm	Central Park Dry: 5:30-6:00pm Pool: 6:00-7:00pm	
Bronze	Dryland: 1 Pool: 2.75 Total Hours: 3.75		Hillcrest Dry: 6:30-7:00pm Pool: 7:00-7:45pm			Killarney Dry: 3:45-4:00pm Pool: 4:00-5:00pm	Central Park Dry: 5:30-6:00pm Pool: 6:00-7:00pm	
Developmental		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alligator A	Dryland: Pool: 2 Total Hours: 2		Killarney Pool: 5:00-6:00pm			Killarney Pool: 4:00-5:00pm		
Alligator B	Dryland: Pool: 2 Total Hours: 2		Killarney Pool: 6:00-7:00pm			Hillcrest Dry: 7:30-8:00pm Pool: 8:00-9:00pm		
Crocodile A	Dryland: Pool: 2 Total Hours: 2		Killarney Pool: 5:00-6:00pm			Killarney Pool: 4:00-5:00pm		
Crocodile B	Dryland: Pool: 2 Total Hours: 2		Killarney Pool: 6:00-7:00pm			Killarney Pool: 5:00-6:00pm		
Gecko A	Dryland: Pool: 2 Total Hours: 2		Killarney Pool: 6:00-7:00pm			Killarney Pool: 5:00-6:00pm		
Gecko B	Dryland: Pool: 1.75 Total Hours: 1.75		Hillcrest Pool: 7:45-8:30pm			Hillcrest Pool: 7:00-8:00pm		
Salamander A	Dryland: Pool: 1.75 Total Hours: 1.75			Hillcrest Pool: 7:45-8:30pm		Hillcrest Pool: 7:00-8:00pm		
Salamander B	Dryland: Pool: 1.75 Total Hours: 1.75		Hillcrest Pool: 7:45-8:30pm			Killarney Pool: 5:00-6:00pm		

Pool Address: Killarney: 6260 Killarney St, Vancouver
 Templeton: 700 Templeton Dr, Vancouver
 Renfrew: 2929 E 22nd Ave, Vancouver
 Hillcrest: 4575 Clancy Loranger Way, Vancouver
 Britannia: 1661 Napier St, Vancouver
 Central Park Pool (outdoor): 6110 Boundary Rd, Burnaby