

Training Schedule of Season 2022-2023

Pre-competitive and Development groups

| Pre-Competitive | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|---------------------------|--------------------|---|------------------|---------------------|------------------|--------|
| Gold | Dryland: 1 | | Killarney | | | <u>Killarney</u> | Renfrew | |
| | Pool: 3.5 | | Dry: 4:45-5:00pm | | | Dry: 3:45-4:00pm | Dry: 6:45-7:15pm | |
| | Total Hours: 4.5 | | Pool: 5:00-6:00pm | | | Pool: 4:00-5:00pm | Pool:7:15-8:45pm | |
| Silver | Dryland: 1 | | Killarney | | | Killarney | Renfrew | |
| | Pool: 3.5 | | Dry: 4:45-5:00pm | | | Dry: 3:45-4:00pm | Dry: 6:45-7:15pm | |
| | Total Hours: 4.5 | | Pool: 5:00-6:00pm | | | Pool: 4:00-5:00pm | Pool:7:15-8:45pm | |
| Bronze | Dryland: 1 | | Killarney | | | Killarney | Renfrew | |
| | Pool: 3.5 | | Dry: 4:45-5:00pm | | | Dry: 3:45-4:00pm | Dry: 6:45-7:15pm | |
| | Total Hours: 4.5 | | Pool: 5:00-6:00pm | | | Pool: 4:00-5:00pm | Pool:7:15-8:45pm | |
| Development | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Alligator | Dryland: | | Killarney | | | Killarney | | _ |
| | Pool: 2 | | | | | | | |
| | Total Hours: 2 | | Pool: 6:00-7:00pm | | | Pool: 5:00-6:00pm | | |
| Crocodile A | Dryland: | | Killarney | | | Killarney | | |
| | Pool: 2 Total Hours: 2 | | Daal: 0:00 7:00 | | | Da ali 5:00 0:00 an | | |
| Crocodile B | | | Pool: 6:00-7:00pm | | | Pool: 5:00-6:00pm | | |
| | Dryland: Pool: 2 | | Killarney | | | Killarney | | |
| | Total Hours: 2 | | Pool: 6:00-7:00pm | | | Pool: 5:00-6:00pm | | |
| Gecko A | Dryland: 0.25 | Renfrew | 1 doi: 0.00 1.00pm | | | Renfrew | | |
| | Pool: 1.5 | Dry: 5:45-6:00pm | | | | IXCIIICW | | |
| | Total Hours: 1.5 | Pool: 6:00-6:45pm | | | | Pool: 6:00-6:45pm | | |
| Gecko B | Dryland: 0.25 | Renfrew 2 | | | | Renfrew | | |
| | Pool: 1.5 | Dry: 5:45-6:00pm | | | | <u>rtermew</u> | | |
| | Total Hours: 1.5 | | | | | Pool: 6:00-6:45pm | | |
| Salamander A | Dryland: | Renfrew | | | | Renfrew | | |
| | Pool: 1.5 | | | | | | | |
| | | Pool: 6:45-7:30pm | | | | Pool: 6:45-7:30pm | | |
| Salamander B | Dryland: | Renfrew | | | | Renfrew | | |
| | Pool: 1.5 Total Hours: 1.5 | Pool: 6:45-7:30pm | | | | Dool: 6:45 7:20nm | | |
| | 10tai 110u13. 1.0 | Γυυί. υ.45-7.3υβM | | | | Pool: 6:45-7:30pm | | |
| Pool Address | Killarnov: 6260 | Killarnov St. Vance | Livor | Hillcrost: 4575 C | lancy Loranger M | Vay Vancouver | | |
| Fooi Address: | Killarney: 6260 Killarney St, Vancouver Templeton: 700 Templeton Dr, Vancouver | | | Hillcrest: 4575 Clancy Loranger Way, Vancouver Britannia: 1661 Napier St, Vancouver | | | | |
| | | | | • | | | | |
| | Renfrew: 2929 E 22nd Ave, Vancouver | | | Central Park Pool: 6110 Boundary Rd, Burnaby | | | | |