



Training Schedule of Season 2022-2023

Pre-competitive and Development groups

Pre-Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	Dryland: 1		<u>Killarney</u>			<u>Killarney</u>	<u>Renfrew</u>	
	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		<u>Killarney</u>			<u>Killarney</u>	<u>Renfrew</u>	
	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		<u>Killarney</u>			<u>Killarney</u>	<u>Renfrew</u>	
	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:		<u>Killarney</u>			<u>Killarney</u>		
	Pool: 2							
	Total Hours: 2		Pool: 6:00-7:00pm			Pool: 5:00-6:00pm		
Crocodile A	Dryland:		<u>Killarney</u>			<u>Killarney</u>		
	Pool: 2							
	Total Hours: 2		Pool: 6:00-7:00pm			Pool: 5:00-6:00pm		
Crocodile B	Dryland:		<u>Killarney</u>			<u>Killarney</u>		
	Pool: 2							
	Total Hours: 2		Pool: 6:00-7:00pm			Pool: 5:00-6:00pm		
Gecko A	Dryland: 0.25	<u>Renfrew</u>				<u>Renfrew</u>		
	Pool: 1.5	Dry: 5:45-6:00pm						
	Total Hours: 1.5	Pool: 6:00-6:45pm				Pool: 6:00-6:45pm		
Gecko B	Dryland: 0.25	<u>Renfrew 2</u>				<u>Renfrew</u>		
	Pool: 1.5	Dry: 5:45-6:00pm						
	Total Hours: 1.5	Pool: 6:00-6:45pm				Pool: 6:00-6:45pm		
Salamander A	Dryland:	<u>Renfrew</u>				<u>Renfrew</u>		
	Pool: 1.5							
	Total Hours: 1.5	Pool: 6:45-7:30pm				Pool: 6:45-7:30pm		
Salamander B	Dryland:	<u>Renfrew</u>				<u>Renfrew</u>		
	Pool: 1.5							
	Total Hours: 1.5	Pool: 6:45-7:30pm				Pool: 6:45-7:30pm		
Pool Address:		Killarney: 6260 Killarney St, Vancouver		Hillcrest: 4575 Clancy Loranger Way, Vancouver				
		Templeton: 700 Templeton Dr, Vancouver		Britannia: 1661 Napier St, Vancouver				
		Renfrew: 2929 E 22nd Ave, Vancouver		Central Park Pool: 6110 Boundary Rd, Burnaby				