



Training Schedule of Season 2024-2025 (October 1 to December

Pre-competitive and Non-Competitive groups

Subject to change

Pre-Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold	Dryland: 1.25 Pool: 4.5 Total Hours:	Renfrew Dry: 5:15-5:30pm Pool: 5:30-6:30m		Renfrew Dry: 5:15-5:30pm Pool: 5:30-6:30pm		Renfrew Dry: 6:15-6:30am Pool: 6:30-7:30am	Renfrew Dry: 6:00-6:30pm Pool: 6:00-7:30m	
Silver	Dryland: 0.25 Pool: 3 Total Hours:	Renfrew Pool: 6:30-7:30pm		Renfrew Pool: 6:30-7:30pm		Renfrew Dry: 6:15-6:30am Pool: 6:30-7:30am		
Development/Non-competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth A	Dry: 0.75 Pool: 4 Total: 4.75		Renfrew Dry: 6:15-6:30am Pool: 6:30-7:30am			Killarney Dry: 4:15-4:30pm Pool: 4:30-6:00pm	Renfrew Dry: 7:30-7:45pm Pool: 7:45-9:15pm	
Youth B	Dry: 0.5 Pool: 2.5 Total: 3				Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:00pm		Renfrew Dry: 7:30-7:45pm Pool: 7:45-9:15pm	
Alligator	Dryland: 0.25 Pool: 2.5 Total Hours:		Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:00pm				Renfrew Pool: 6:45-7:45pm	
Crocodile A	Dryland: 0.5 Pool: 2 Total Hours: 2.5		Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:00pm				Renfrew Dry: 7:30-7:45pm Pool: 7:45-8:45pm	
Crocodile B	Dryland: 0.25 Pool: 2 Total Hours:				Renfrew Dry: 3:45-4:00pm Pool: 4:00-5:00pm		Renfrew Pool: 6:45-7:45pm	
Gecko A	Dryland: Pool: 1.75 Total Hours:		Renfrew Pool: 5:00-6:00pm				Renfrew Pool: 6:00-6:45pm	
Gecko B	Dryland: Pool: 1.75 Total Hours:				Renfrew Pool: 5:00-6:00pm		Renfrew Pool: 5:15-6:00pm	
Salamander A	Dryland: Pool: 1.75 Total Hours:		Renfrew Pool: 5:00-6:00pm				Renfrew Pool: 6:00-6:45pm	
Salamander B	Dryland: Pool: 1.75 Total Hours:				Renfrew Pool: 5:00-6:00pm		Renfrew Pool: 5:15-6:00pm	

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

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