

JAN Calendar (Version #1)

PERFORMANCE						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 LCM Swim @KNS 1:15 – 2:45pm
29 LCM Swim @KNS 1:15-3:15pm	30 LCM Swim @KNS 12:00 – 2:00pm	31 LCM Swim @KNS 6:00 – 8:00am	1 HAPPY NEW YEAR	2 Swim @MP 6:00 – 7:45am LCM Swim @KNS 2:30 – 4:30pm	3 Swim @MP 6:15 – 8:45am DL @Cross 9:30 – 10:30am	4 LCM Swim @KNS 9:15 – 11:15am
5 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	6 Swim @MP 5:45-7:30am 4:00-6:00pm	7 Swim @MP 5:45-7:45am 2:45-4:45pm	8 Swim @MP 4:00-6:00pm	9 Swim @MP 5:45-7:45am DL @Cross 4:00 – 5:00pm	10 Swim @MP 6:45-8:45am DL @Cross 9:30 – 10:30am	11
12 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	13 Swim @MP 5:45-7:30am 4:00-6:00pm	14 Swim @MP 5:45-7:45am 2:45-4:45pm	15 Swim @MP 4:00-6:00pm	16 BLUE BEARS	17 Swim @MP 6:45-8:45am DL @Cross 9:30 – 10:30am	18
19 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	20 Swim @MP 5:45-7:30am 4:00-6:00pm	21 Swim @MP 5:45-7:45am 2:45-4:45pm	22 Swim @MP 4:00-6:00pm	23 Swim @MP 5:45-7:45am DL @Cross 4:00 – 5:00pm	24 Swim @MP 6:45-8:45am DL @Cross 9:30 – 10:30am	25
26 Swim @MP 4:00-5:45pm DL @ Cross 6:30 – 7:30pm	27 Swim @MP 5:45-7:30am 4:00-6:00pm	28 Swim @MP 5:45-7:45am 2:45-4:45pm	29 Swim @MP 4:00-6:00pm	30 EDMONTON OPEN	31 EDMONTON OPEN	1 EDMONTON OPEN

NOTES

All scheduled practices will have a 15min pre-pool activation

KNS = Kinsmen Center (Edmonton), MP = Millennium Place

Mon Feb 2 = OFF

JAN Calendar (Version #1)

SENIOR PROVINCIAL						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 LCM Swim @KNS 1:15 – 2:45pm
29 LCM Swim @KNS 1:15-3:15pm	30 LCM Swim @KNS 12:00 – 2:00pm	31 LCM Swim @KNS 6:00 – 8:00am	1 HAPPY NEW YEAR	2 Swim @MP 6:00 – 7:45am LCM Swim @KNS 2:30 – 4:30pm	3 Swim @MP 6:15 – 8:45am DL @Cross 9:30 – 10:30am	4 LCM Swim @KNS 9:15 – 11:15am
5 Swim @MP 5:30-7:15pm	6 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	7 Swim @MP 5:45-7:45am 3:00-4:45pm	8 Swim @MP 4:00-6:00pm	9 Swim @MP 5:45 – 7:45am DL @Cross 4:00 – 5:00pm	10	11 Swim @MP 9:45-11:45am
12 Swim @MP 5:30-7:15pm	13 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	14 Swim @MP 5:45-7:45am 3:00-4:45pm	15 Swim @MP 4:00-6:00pm	16 BLUE BEARS	17 Swim @MP 6:45-8:45am	18
19 Swim @MP 5:30-7:15pm	20 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	21 Swim @MP 5:45-7:45am 3:00-4:45pm	22 Swim @MP 4:00-6:00pm	23 Swim @MP 5:45 – 7:45am DL @Cross 4:00 – 5:00pm	24	25 Swim @MP 9:45-11:45am
26 Swim @MP 5:30-7:15pm	27 Swim @MP 5:45-7:30am DL @Cross 7:00 – 8:00pm	28 Swim @MP 5:45-7:45am 3:00-4:45pm	29 Swim @MP 4:00-6:00pm	30 EDMONTON OPEN	31 EDMONTON OPEN	1 EDMONTON OPEN

NOTES

All scheduled practices will have a 15min pre-pool activation

KNS = Kinsmen Center (Edmonton), MP = Millennium Place

Mon Feb 2 = OFF

JAN Calendar (Version #1)

JUNIOR PROVINCIAL						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 Swim @MP 9:15 – 10:45am	30 Swim @MP 6:45 – 8:45am	31 DL @Cross AM Time TBA	1 HAPPY NEW YEAR	2 Swim @MP 6:00 – 7:45am	3 Swim @MP 6:45 – 8:45am	4 LCM Swim @KNS 9:15 – 11:15am
5 Swim @MP 4:00-5:30pm	6 Swim @MP 4:00-5:30pm	7 Swim @MP 3:00 – 4:45pm 4:45-6:30pm DL @Cross 7:00-8:00pm	8	9 Swim @MP 4:00-5:30pm	10 Swim @MP 6:45 – 8:45am 10:15 – 11:45am	11 Swim @MP 9:45-11:45am
12 Swim @MP 4:00-5:30pm	13 Swim @MP 4:00-5:30pm	14 Swim @MP 3:00 – 4:45pm 4:45-6:30pm DL @Cross 7:00-8:00pm	15	16 BLUE BEARS	17 BLUE BEARS	18 BLUE BEARS
19 Swim @MP 4:00-5:30pm	20 Swim @MP 4:00-5:30pm	21 Swim @MP 3:00 – 4:45pm 4:45-6:30pm DL @Cross 7:00-8:00pm	22	23 Swim @MP 4:00-5:30pm WINTER FESTIVAL	24 Swim @MP 6:45 – 8:45am WINTER FESTIVAL	25 Swim @MP 9:45-11:45am WINTER FESTIVAL
26 Swim @MP 4:00-5:30pm	27 Swim @MP 4:00-5:30pm	28 Swim @MP 3:00 – 4:45pm 4:45-6:30pm DL @Cross 7:00-8:00pm	29	30 Swim @MP 4:00-5:30pm EDMONTON OPEN	31 Swim @MP 6:45 – 8:45am 10:15 – 11:45am EDMONTON OPEN	1 Swim @MP 9:45-11:45am EDMONTON OPEN

NOTES
 All scheduled practices will have a 15min pre-pool activation
 KNS = Kinsmen Center (Edmonton), MP = Millennium Place
ENDURANCE GROUP
NEW JR PROV PRACTICE TIMES *Coach Mark will look into another DL Option so kids don't have 2.25 hrs in between work-outs Wed evenings*

JAN Calendar (Version #1)

SHARK RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 Swim @MP 9:15 – 10:45am	30 Swim @MP 6:45 – 8:45am DL @Bridge 7:00 – 8:00pm	31 Swim @MP 6:00 – 7:45am	1 HAPPY NEW YEAR	2 Swim @MP 4:30 – 6:00pm	3 Swim @MP 6:45 – 8:45am	4
5 Swim @MP 7:15-8:15pm	6 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	7 Swim @MP 6:30-8:00pm	8 DL @Bridge 7:00 – 8:00pm	9 Swim @MP 6:45-8:00pm	10 Swim @MP 10:15 – 11:45am Spin-Core @MP 12:30 – 1:30pm	11
12 Swim @MP 7:15-8:15pm	13 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	14 Swim @MP 6:30-8:00pm	15 DL @Bridge 7:00 – 8:00pm	16 BLUE BEARS	17 BLUE BEARS	18 BLUE BEARS
19 Swim @MP 7:15-8:15pm	20 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	21 Swim @MP 6:30-8:00pm	22 DL @Bridge 7:00 – 8:00pm	23 Swim @MP 6:45-8:00pm	24 Swim @MP 10:15 – 11:45am Spin-Core @MP 12:30 – 1:30pm	25
26 Swim @MP 7:15-8:15pm	27 Swim @MP 6:00-7:30am DL @Bridge 7:00 – 8:00pm	28 Swim @MP 6:30-8:00pm	29 DL @Bridge 7:00 – 8:00pm	30 Swim @MP 6:45-8:00pm	31 Swim @MP 10:15 – 11:45am Spin-Core @MP 12:30 – 1:30pm	1
NOTES All scheduled practices will have a 15min pre-pool activation KNS = Kinsmen Center (Edmonton), MP = Millennium Place						

JAN Calendar (Version #1)

TIGER RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 Swim @MP 9:15 – 10:45am	30 Swim @MP 6:45 – 8:45am	31 Swim @MP 6:00 – 7:45am	1 HAPPY NEW YEAR	2 Swim @MP 4:30 – 6:00pm	3 Swim @MP 6:45 – 8:45am	4
5 Swim @MP 5:45-7:15pm	6 DL @MP (Blue Room) 5:00-6:00pm	7 Swim @MP 4:45-6:15pm 4:45 – 6:30pm	8 Swim @MP 5:30-7:00pm	9 Swim @MP 4:00 – 5:30pm	10 Swim @MP 6:45-8:45am 10:15 – 11:45am	11
12 Swim @MP 5:45-7:15pm	13 DL @MP (Blue Room) 5:00-6:00pm	14 Swim @MP 4:45-6:15pm 4:45 – 6:30pm	15 Swim @MP 5:30-7:00pm	16 Swim @MP 4:00 – 5:30pm	17 Swim @MP 6:45-8:45am 10:15 – 11:45am	18
19 Swim @MP 5:45-7:15pm	20 DL @MP (Blue Room) 5:00-6:00pm	21 Swim @MP 4:45-6:15pm 4:45 – 6:30pm	22 Swim @MP 5:30-7:00pm	23 WINTER FESTIVAL	24 WINTER FESTIVAL	25 WINTER FESTIVAL
26 Swim @MP 5:45-7:15pm	27 DL @MP (Blue Room) 5:00-6:00pm	28 Swim @MP 4:45-6:15pm 4:45 – 6:30pm	29 Swim @MP 5:30-7:00pm	30 Swim @MP 4:00 – 5:30pm	31 Swim @MP 6:45-8:45am	1

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

ENDURANCE GROUP

JAN Calendar (Version #1)

EAGLE RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2 Swim @MP 4:30 – 6:00pm	3 Swim @MP 10:15-11:45am	4 Swim @MP 9:45-10:45am
5 Swim @MP 5:45-7:15pm	6 DL @MP (Blue Room) 5:00-6:00pm	7 Swim @MP 4:45-6:15pm	8	9 Swim @MP 4:00-5:30pm	10 Swim @MP 10:15-11:45am	11 OSC 12&U #2
12 Swim @MP 5:45-7:15pm	13 DL @MP (Blue Room) 5:00-6:00pm	14 Swim @MP 4:45-6:15pm	15	16 BLUE BEARS	17 BLUE BEARS	18 BLUE BEARS
19 Swim @MP 5:45-7:15pm	20 DL @MP (Blue Room) 5:00-6:00pm	21 Swim @MP 4:45-6:15pm	22	23 Swim @MP 4:00-5:30pm WINTER FESTIVAL	24 Swim @MP 10:15-11:45am WINTER FESTIVAL	25 WINTER FESTIVAL
26 Swim @MP 5:45-7:15pm	27 DL @MP (Blue Room) 5:00-6:00pm	28 Swim @MP 4:45-6:15pm	29	30 Swim @MP 4:00-5:30pm	31	1

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

JAN Calendar (Version #1)

MANTA RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 7:15-8:15pm	18	19 Swim @MP 7:15-8:15pm	20	21 Swim @MP 7:00-8:00pm	22 Spin/Core @MP 12:30-1:30pm	23
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2	3 Swim @MP 10:15-11:45am	4 Swim @MP 9:45-10:45am
5 Swim @MP 7:15-8:15pm	6	7 Swim @MP 7:15-8:15pm	8	9 Swim @MP 7:00-8:00pm	10 Spin/Core @MP 12:30-1:30pm	11
12 Swim @MP 7:15-8:15pm	13	14 Swim @MP 7:15-8:15pm	15	16 BLUE BEARS	17 BLUE BEARS	18 BLUE BEARS
19 Swim @MP 7:15-8:15pm	20	21 Swim @MP 7:15-8:15pm	22	23 Swim @MP 7:00-8:00pm	24 Spin/Core @MP 12:30-1:30pm	25
26 Swim @MP 7:15-8:15pm	27	28 Swim @MP 7:15-8:15pm	29	30 Swim @MP 7:00-8:00pm	31 Spin/Core @MP 12:30-1:30pm	1

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

JAN Calendar (Version #1)

MIGHTY RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2	3 Swim @MP 10:15-11:45am	4 Swim @MP 10:45-11:45am
5	6 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	7 Swim @MP 6:15-7:15pm	8	9 Swim @MP 5:30-6:45pm	10	11 OSC 12&U #2
12	13 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	14 Swim @MP 6:15-7:15pm	15	16 Swim @MP 5:30-6:45pm	17 BLUE BEARS	18 BLUE BEARS
19	20 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	21 Swim @MP 6:15-7:15pm	22	23 Swim @MP 5:30-6:45pm	24	25
26	27 Swim @MP (A)5:30-6:30pm (B)6:30-7:30pm	28 Swim @MP 6:15-7:15pm	29	30 Swim @MP 5:30-6:45pm	31	1

NOTES

All scheduled practices will have a 15min pre-pool activation

MP = Millennium Place

JAN Calendar (Version #1)

MINI RAYS						
MON	TUES	WED	THURS	FRI	SAT	SUN
17 Swim @MP 4:30-5:30pm	18	19 Swim @MP 4:30-5:30pm	20	21 Swim @MP 5:30-6:45pm	22	23
22 HOLIDAY BREAK	23 HOLIDAY BREAK	24 HOLIDAY BREAK	25 HOLIDAY BREAK	26 HOLIDAY BREAK	27 HOLIDAY BREAK	28 HOLIDAY BREAK
29 HOLIDAY BREAK	30 HOLIDAY BREAK	31 HOLIDAY BREAK	1 HAPPY NEW YEAR	2	3	4
5 Swim @MP 4:30-5:30pm	6	7 Swim @MP 4:30-5:30pm	8	9 Swim @MP 5:30-6:45pm	10	11 OSC 12&U #2
12 Swim @MP 4:30-5:30pm	13	14 Swim @MP 4:30-5:30pm	15	16 Swim @MP 5:30-6:45pm	17	18
19 Swim @MP 4:30-5:30pm	20	21 Swim @MP 4:30-5:30pm	22	23 Swim @MP 5:30-6:45pm	24	25
26 Swim @MP 4:30-5:30pm	27	28 Swim @MP 4:30-5:30pm	29	30 Swim @MP 5:30-6:45pm	31	1