

2023-2024 BBST POOL TRAINING SCHEDULE (Quinte Sports and Wellness Centre)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6am		PER / SEN / ADV (8 Lanes)		PER / SEN / ADV (8 Lanes)		
6-6:30am		PER / SEN / ADV (8 Lanes)		PER / SEN / ADV (8 Lanes)		
6:30-7am		PER / SEN / ADV (8 Lanes)		PER / SEN / ADV (8 Lanes)		
7-7:30am						PER / SEN / ADV (8 Lanes)
7:30-8am						PER / SEN / ADV (8 Lanes)
8-8:30am						PER / SEN / ADV (8 Lanes)
8:30-9am						PER / SEN / ADV (8 Lanes)
9-9:30am						DEV / NOV (8 Lanes)
9:30-10am						DEV / NOV (6 Lanes)
4:30-5pm	PER / SEN / ADV (8 Lanes)	DEV (4 Lanes)	PER / SEN / ADV (8 Lanes)	PER / DEV (6 Lanes)	PER / SEN / ADV (8 Lanes)	
5-5:30pm	PER / SEN / ADV (8 Lanes)	DEV (4 Lanes)	PER / SEN / ADV (8 Lanes)	PER / DEV (6 Lanes)	PER / SEN / ADV (8 Lanes)	Notes: <i>All athletes are expected to arrive on deck 15 minutes early for ALL practice and are required to bring a water bottle, kickboard, pull buoy and fins to every practice (plus snorkel and paddles for Performance, Senior and Advanced groups).</i>
5:30-6pm	PER / SEN / ADV (8 Lanes)	DEV (4 Lanes)	PER / SEN (6 Lanes)	PER / DEV (6 Lanes)	PER / SEN / ADV (8 Lanes)	
6-6:30pm	PER / JRB (8 Lanes)	NOV (4 Lanes)	PER / SEN (6 Lanes)	JRB (6 Lanes)	DEV / NOV (8 Lanes)	
6:30-7pm	PER / JRB (8 Lanes)	NOV (4 Lanes)	DEV / NOV (8 Lanes)	JRB (6 Lanes)	DEV / NOV (8 Lanes)	
7-7:30pm	Masters (5 Lanes)		DEV / NOV (8 Lanes)	Jr. Masters (3 Lanes)		
7:30-8pm	Masters (5 Lanes)		Masters (5 Lanes)	Jr. Masters (3 Lanes)		
8-8:30pm	Jr. Masters (3 Lanes)		Masters (4 Lanes)			
8:30-9pm	Jr. Masters (3 Lanes)					
Legend:						
13 & Over	<i>PER = Performance (12.5 Hours)</i>	<i>SEN = Senior (10 Hours)</i>	<i>Jr. Masters (2 Hours)</i>	<i>Masters (2 Hours)</i>		
14 & Under	<i>ADV = Advanced (9 Hours)</i>	<i>DEV = Development (6 Hours)</i>	<i>NOV = Novice (4 Hours)</i>	<i>JRB = Jr. Beast (2 Hours)</i>		