

Group:	Practice: Location, Date, Time
<p>Novice 1</p> <p>*Practices 1 Time Each Week</p>	<p>WG Johnson: Monday Group: 4:45-5:45pm</p> <p>WG Johnson: Friday Group: 4:45-5:45pm</p> <p>Dolson: Saturday Group: 7-8am</p>
<p>Novice 2</p> <p>*Practices 2 Times Each Week</p> <p>*Members select WG Centre OR Dolson Location</p>	<p>WG Johnson: Monday & Friday Group: 4-5pm</p> <p>Dolson: Tuesday and Thursday Group 4:15-5:15pm</p>
<p>Novice 3</p> <p>*Practices 3 Times Each Week</p>	<p>Dolson: Mondays, 4:15-5:15pm Wednesdays, 4:15-5:15pm Fridays, 4:15-5:15pm</p>
<p>Intermediate 1</p> <p>*Practices 4 Times Each Week</p> <p>*Swimmers May Attend Only 4 Listed Practices</p>	<p>Dolson: Mondays, 3:15-4:15pm Tuesdays, 6-7am Tuesdays, 3:15-4:15pm Thursdays, 6-7am Thursdays, 3:15-4:15pm Fridays, 3:15-4:15pm Saturdays, 6-7am</p>
<p>Intermediate 2</p> <p>*Practices 5 Times Each Week</p> <p>*Swimmers May Attend Only 5 Listed Practices</p>	<p>Dolson: Mondays, 3:15-4:15pm Tuesdays, 6-7am Tuesdays, 3:15-4:15pm Thursdays, 6-7am Thursdays, 3:15-4:15pm Fridays, 3:15-4:15pm Saturdays, 6-7am</p>
<p>Intermediate 3</p> <p>*Practices 6 Times Each Week</p> <p>*Swimmers May Attend Only 6 Listed Practices</p>	<p>Dolson: Mondays, 3:15-4:15pm Tuesdays, 6-7am Tuesdays, 3:15-4:15pm Thursdays, 6-7am Thursdays, 3:15-4:15pm Fridays, 3:15-4:15pm Saturdays, 6-7am</p>

<p>Advanced 1 *Practices 4 Times Each Week *Swimmers May Attend Only 4 Listed Practices *Swimmers May Attend Both Dolson Gym Sessions</p>	<p>Dolson: Monday, 3:15-5:15pm Tuesday, 6-7am Tuesday, 3:15-5:15pm Wednesday, 3:15-5:15pm Thursday, 6-7am Thursday, 3:15-5:15pm Friday, 3:15-5:15pm Saturday, 6-8am</p> <p>Dolson Gym: Tuesday, 5:30-6pm Thursday, 5:30-6pm</p>
<p>Advanced 2 *Practices 5 Times Each Week *Swimmers May Attend Only 5 Listed Practices *Swimmers May Attend Both Dolson Gym Sessions *Swimmers May Attend WG Gym Session</p>	<p>Dolson: Monday, 3:15-5:15pm Tuesday, 6-7am Tuesday, 3:15-5:15pm Wednesday, 3:15-5:15pm Thursday, 6-7am Thursday, 3:15-5:15pm Friday, 3:15-5:15pm Saturday, 6-8am</p> <p>Dolson Gym: Tuesday, 5:30-6pm Thursday, 5:30-6pm</p> <p>WG Johnson Gym: Wednesday, 7-8pm</p>
<p>Advanced 3 *Practices Up to 8 Times Each Week *Swimmers May Attend All Listed Practices and Gym Sessions</p>	<p>Dolson: Monday, 3:15-5:15pm Tuesday, 6-7am Tuesday, 3:15-5:15pm Wednesday, 3:15-5:15pm Thursday, 6-7am Thursday, 3:15-5:15pm Friday, 3:15-5:15pm Saturday, 6-8am</p> <p>Dolson Gym: Tuesday, 5:30-6pm Thursday, 5:30-6pm</p> <p>WG Johnson Gym: Wednesday, 7-8pm</p>