

2023-2024 FMSC TRAINING SCHEDULE STARTING OCTOBER 1, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14+ PROVINCIAL PLUS (Junior/Sr)</b>	Pool 6:00-7:30am (Select and Optional) Pool 5:00-7:00pm	ON DECK Dryland 4:30-5:30pm Pool 5:30-7:00pm	Pool 6:00-7:30am Act: 4:45-5pm Pool 5-7:00pm	Act 4:15-4:30pm Pool 4:30-6:00pm Yoga 6-7:00pm	Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND TIME TBD
<b>14+ STEP (Junior/Sr)</b>	Act 4:15-4:30 Pool 4:30-5:30	ON DECK Dryland 4:30-5:30pm (Opt in) Pool 5:30-7:00pm	Pool 6:00-7:30am Act: 5:15-5:30pm Pool 5:30-7:00pm	Yoga 6-7:00pm (Opt in)	Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND (Opt-in) TIME TBD
<b>Manta Rays Provincial</b>	Pool 6:00-7:30am (Select and Optional) ON DECK Dryland 4:30-5:30pm Pool 5:30-7:00pm	Act: 4:15-4:30pm Pool 4:30-6:00pm	Pool 6:00-7:30am Pool 4:30-6:00pm	Yoga 5:00-6:00pm Pool 6:00-7:00pm	Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND TIME TBD
<b>Manta Rays STEP</b>	ON DECK Dryland 4:30-5:30pm (Opt in)	Act 4:15-4:30 Pool 4:30-5:30	Act 4:15-4:30 Pool 4:30-5:30	Act 4:15-4:30 Pool 4:30-6:00pm Yoga 6:00-7:00pm (Opt in)	Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND (Opt in) TIME TBD
<b>Mighty Festival Mantas</b> Register for Tues or Wed YOGA	Act: 4:45-5pm Pool 5:00-6:00pm	Act: 4:15-5:30pm Pool 4:30-5:30pm Option 1 Yoga 5:30-6:30pm	Option 2 Yoga 5:00-6:00pm	Act: 4:45-5pm Pool 5:00-6:00pm	Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND TIME TBD
<b>MINI MANTA Mon/Wed BLUE</b>	Act: 5:45-6pm Pool 6:00-7:00pm	Yoga 5:30-6:30pm	Act: 5:45-6pm Pool 6:00-7:00pm	OFF	SKILLS & THRILLS 5-7PM	OFF
<b>MINI MANTA Tues/Thurs YELLOW</b>	OFF	Act: 5:45-6pm Pool 6:00-7:00pm	Yoga 5:00-6:00pm	Act: 5:45-6pm Pool 6:00-7:00pm	SKILLS & THRILLS 5-7PM	OFF
<b>MANTA TEEN FIT (MTF)</b>	OFF	Pool 7:00-8:00 (Activation Included)	OFF	Pool 7:00-8:00 (Activation Included)	OFF	OFF
<b>MSS Group A Group C Group E</b>	4:15-5:00 5:15-6:00 6:15-7:00	OFF	4:15-5:00 5:15-6:00 6:15-7:00	OFF	OFF	OFF
<b>MSS Group B Group D Group F</b>	OFF	4:15-5:00 5:15-6:00 6:15-7:00	OFF	4:15-5:00 5:15-6:00 6:15-7:00	OFF	OFF

Act = Poolside activation. This is important to programs and not "optional", please try to be on time for activation (we recognize the 4pm challenges). If it is not on the calendar it is included in the pool time.

Dry = Dryland (includes yoga). No dryland programs on Stat holidays.

**Swimmers, please wear your club T-shirt during activation and Dryland.**

Yoga Venues:

**Mini Manta Blue (M/W)** - Tuesdays 5:30-6:30 - **Upstairs Running Track Pocket A**

**Mini Manta Yellow (T/Th)** - Wednesdays 5-6:00 - **Upstairs Running Track Pocket A**

**Festival** - Tuesdays 5:30-6:30 or Wednesdays 5-6:00 as per your chosen day - **venue as for Blue/Yellow**

**Manta Ray STEP opt in Dryland program** - Thursday 6-7:00 - **Upstairs Running Track Pocket C**

**Manta Ray Provincial** - Thursday 5-6:00 - **Upstairs Running Track Pocket C**

**Jr/Sr STEP opt in Dryland program** - Thursday 6-7:00 - **Upstairs Running Track Pocket C**

**Jr/Sr Provincial** - Thursday 6-7:00 - **Upstairs Running Track Pocket C**

\*This schedule will be in effect from October 1, 2023, until otherwise notified, changes to the schedule will be advised via email and social media.