



2022/2023 Practice Template

EAST PROGRAM

Bronze Program -East	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						6:00-7:00 FDRC	
PM		4:00-5:30 FDRC		4:00-5:30 FDRC			

Silver Program- East	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:25 BMRC		6:00-7:25 BMRC		7:00-8:30 FDRC	
PM	4:15-6:00 BMRC				6:00-7:30pm BMRC		

Gold Program -East	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		6:00-7:25 BMRC	6:00-7:30am Sawmill Creek	6:00-7:25 BMRC			
PM	4:15-6:00 BMRC				6:00-7:30 BMRC	10:30-12:00 uOttawa	

Central Program

Bronze Central Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM	4:00-5:30 Canterbury		4:00-5:30 Canterbury		4:00-5:00 Canterbury		

Silver Central Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6:00-7:30 Sawmill Creek			10:30-12:00 uOttawa	
PM		4:30-6:00 Sawmill creek		4:30-6:00pm Sawmill Creek	5:00-6:30 Canterbury		

Go Perform Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		5:25-7:00 uOttawa		5:25-7:00am uOttawa	5:25-7:00am uOttawa	7:00-8:05 Strength A&B 8:25-10:00am Swim uOttawa	
PM	4:00- 6:30 uOttawa 4:00-4:55 Group A Strength 5:15-6:30 Swim	4:30-6:30pm uOttawa 4:00-4:55 Group B Strength 5:15-6:30 Swim	4:00-6:30 uOttawa	4:00-6:00 uOttawa 4:00-4:55 A & Select B Strength 5:15-6:30 Swim	 4:30-6:30pm uOttawa Permission needed		

GO Perform swimmers will be put into Strength Groups(A or B) once the season starts by our staff.

