



2025-2026 Masters Training Schedule – ST. MARY’S & STRATFORD AREA

PRC = Pyramid Recreation Centre – St. Mary’s YMCA = Stratford-Perth YMCA – Stratford	GREEN = SWIMMING
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MASTERS GROUP (16+):

- Keep Fit
- Stay Healthy
- Have Fun!

Available options:

- **St. Mary’s Evenings ONLY** = 2 practices per week
- **Stratford Evenings ONLY** = 1 practice per week

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM	6:00pm- 7:00pm @ PRC	6:30pm- 7:30pm YMCA			6:30pm- 7:30pm @ PRC		