



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Senior National**

#### **Monday**

PM 3:45 – 4:00PM Activation

4:00 – 5:30 PM Swim

#### **Tuesday**

AM 5:35 – 5:45AM Activation

5:45 – 7:30AM Swim

PM 4:15 – 4:30PM Activation

4:30 – 6:30PM Swim

#### **Wednesday**

PM 4:45 – 5:00PM Activation

5:00-6:30PM Swim

#### **Thursday**

AM 5:35 – 5:45AM Activation

5:45 – 7:30AM Swim

#### **Friday**

PM 4:15 – 4:30PM Activation

4:30 – 6:30PM Swim

#### **Saturday**

AM 6:10 – 6:30AM Activation

6:30 – 8:00AM Swim

8:15 – 9:00AM Gym

PM LCM@ Centennial

2:45 -- 3:00PM Activation

3:00 – 5:00PM Swim



## SWAT 2023-24 Training Schedule

Team Pride / Integrity / Dedication / Leadership

### Senior Atlantic

#### Monday

PM OFF

#### Tuesday

AM 5:35 – 5:45AM Activation

5:45 – 7:30AM Swim

PM 4:15 – 4:30PM Activation

4:30 – 6:30PM Swim

#### Wednesday

PM 4:45 – 5:00PM Activation

5:00 – 6:30PM Swim

#### Thursday

AM 5:35 – 5:45AM Activation

5:45 – 7:30AM Swim

#### Friday

PM 4:15 – 4:30PM

Activation 4:30 – 6:30PM Swim

#### Saturday

AM 6:10 – 6:30AM Activation

6:30 – 8:00AM Swim

8:15 – 9:00AM Gym

PM LCM@ Centennial

2:45 -- 3:00PM Activation

3:00 – 5:00PM Swim



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Senior Provincial**

#### **Monday**

PM 3:45 – 4:00PM Activation

4:00 – 5:30 PM Swim

#### **Tuesday**

AM 5:35 – 5:45AM Activation

5:45 – 7:30AM Swim

#### **Wednesday**

PM 4:45 – 5:00PM Activation

5:00 – 6:30PM Swim

#### **Friday**

PM 4:15 – 4:30PM

Activation 4:30 – 6:30PM Swim

#### **Saturday**

AM 6:10 – 6:30AM Activation

6:30 – 8:00AM Swim

8:15 – 9:00AM Gym

PM LCM@ Centennial

2:45 - 3:00PM Activation

3:00 – 5:00PM Swim



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Junior Atlantic**

#### **Monday**

PM 3:45 – 4:00PM Activation

4:00 – 5:30 PM Swim

#### **Tuesday**

PM 6:15 – 6:30PM Activation

6:30 -7:30 PM Swim

#### **Wednesday**

PM 6:15-6:30PM Activation

6:30-7:30PM Swim

#### **Thursday**

AM 5:35 – 5:45AM Activation

5:45 – 7:30AM Swim

#### **Saturday**

PM LCM @ Centennial

2:45 – 3:00PM Activation

3:00 – 5:00PM Swim



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Junior Provincial**

#### **Monday**

PM 5:15 – 5:30PM Activation

5:30 – 6:30PM Swim

#### **Tuesday**

PM 6:15 – 6:30PM Activation

6:30 - 7:30 PM Swim

#### **Wednesday**

PM 6:15-6:30PM Activation

6:30-7:30PM Swim

#### **Friday**

PM 6:15 – 6:30PM Activation

6:30 – 7:30PM Swim

#### **Saturday**

AM 6:10 – 6:30AM Activation

6:30 – 8:00AM Swim



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Novice**

#### **Monday**

PM 6:15 – 6:30PM Activation

6:30 – 7:30 PM Swim

#### **Wednesday**

PM 3:45 – 4:00PM Activation

4:00 – 5:00PM Swim

5:00 – 6:00PM Dryland

#### **Thursday**

PM 3:45 - 4:00PM Activation

4:00 - 5:30PM Swim

#### **Saturday**

AM 7:45 – 8:00AM Activation

8:00 – 9:00AM Swim



## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Tidal Waves**

#### **Monday**

PM 6:15 – 6:30PM Activation

6:30 – 7:30 PM Swim

#### **Thursday**

PM 5:15 – 5:30PM Activation

5:30 – 6:30PM Swim

#### **Saturday**

AM 7:45 – 8:00AM Activation

8:00 – 9:00AM Swim





## **SWAT 2023-24 Training Schedule**

Team Pride / Integrity / Dedication / Leadership

### **Miniwaves**

#### **Tuesday And \*Saturday**

PM 3:45 – 4:00PM Activation

4:00 – 5:00PM Swim

#### **Wednesday And \*Saturday**

PM 3:45 – 4:00PM Activation

4:00 – 5:00PM Swim

#### **Thursday And \*Saturday**

PM 6:15 – 6:30PM Activation

6:30 – 7:30PM Swim

#### **\*Saturday**

AM 7:45 – 8:00AM Activation

8:00 – 9:00AM Swim