



Haney Seahorse Swim Club

# Swim Schedule

All practices at the Maple Ridge Leisure Centre

**Effective Monday, May 3rd, 2010**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior	5:15 to 7:00am 4:30 to 7:00pm	4:30 to 7:00pm	5:15 to 7:00am	4:30 to 7:00pm	4:30 to 7:00pm	6:45 to 9:00am
Age-Group	5:15 to 7:00am 4:30 to 6:30pm	4:30 to 6:30pm	5:15 to 7:30am	4:30 to 6:30pm	4:30 to 6:30pm	6:45 to 9:00am
Power&Fitness	4:45 to 6:00pm		4:45 to 6:00pm		4:45 to 6:00pm	
Regional	5:45 to 7:00pm	5:45 to 7:00pm	5:45 to 7:00pm	5:45 to 7:00pm	5:45 to 7:00pm	6:45 to 8:30am
Novice	5:00 to 6:00pm		5:00 to 6:00pm		5:00 to 6:00pm	
Developmental	5:00 to 6:00pm		5:00 to 6:00pm		5:00 to 6:00pm	

## Adult Swimming

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Master/Triathlon /Open Water	5:15 to 7:00am		5:15 to 7:00am		5:15 to 7:00am	