



Training Schedule of Season 2022-2023

High-competitive and Competitive groups

High Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite A	Dryland: 3.25		<u>Hillcrest</u>		<u>Hillcrest</u>		<u>Hillcrest</u>	
	Pool: 12.5		Dry: 5:45-6:00am Pool: 6:00-7:30am		Dry: 5:45-6:00am Pool: 6:00-7:30am		Dry:5:45-6:00am Pool: 6:00-8:00am	
	Total Hours: 15.75	<u>Killarney</u> Dry: 4:30-5:00pm Pool: 5:00-7:00pm		<u>Killarney</u> Dry: 4:30-5:00pm Pool: 5:00-7:00pm	<u>Killarney</u> Dry: 4:45-5:00pm Pool: 5:00-7:00pm		<u>Renfrew</u> Dry: 6:00-7:15pm Pool: 7:15-8:45pm	
Elite B	Dryland: 3		<u>Hillcrest</u>		<u>Hillcrest</u>		<u>Hillcrest</u>	
	Pool: 10.5		Dry:5:45-6:00am Pool: 6:00-7:30am		Dry: 5:45-6:00am Pool: 6:00-7:30am		Dry:5:45-6:00am Pool: 6:00-8:00am	
	Total Hours: 13.5	<u>Killarney</u> Dry: 4:30-5:00pm Pool: 5:00-7:00pm		<u>Killarney</u> Dry: 4:30-5:00pm Pool: 5:00-7:00pm		<u>Renfrew</u> Dry: 6:00-7:15pm Pool: 7:15-8:45pm		
Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	Dryland: 1.5		<u>Britannia 3</u>		<u>Britannia 3</u>	<u>Renfrew 3</u>	<u>Templeton 6</u>	<u>Templeton 6</u>
	Pool: 9.5		Dry:3:45-4:00pm		Dry: 3:45-4:00pm	Dry: 4:00-4:30pm	Dry: 5:45-6:00am	Dry: 8:45-9:00am
	Total Hours: 11		Pool: 4:00-6:00pm		Pool: 4:00-6:00pm	Pool: 4:30-6:00pm	Pool: 6:00-8:00am	Pool: 9:00-11:00am
Age	Dryland: 1.75	<u>Templeton 3</u>		<u>Templeton 3</u>		<u>Templeton3</u>	<u>Killarney</u>	<u>Templeton 6</u>
	Pool: 9	Dry: 6:00-6:30pm		Dry: 6:00-6:30pm		Dry: 4:15-4:30pm	Dry:5:45-6:00am	Dry: 8:45-9:00am
	Total Hours: 10.75	Pool: 6:30-8:00pm		Pool: 6:30-8:00pm		Pool: 4:30-6:30pm	Pool: 6:00-8:00am	Pool: 9:00-11:00am
Junior	Dryland: 1.5			<u>Renfrew 2</u>	<u>Renfrew 2</u>		<u>Templeton 6</u>	<u>Templeton 6</u>
	Pool: 7			Dry: 5:30-6:00pm	Dry: 5:30-6:00pm		Dry: 5:45-6:00am	Dry: 8:45-9:00am
	Total Hours: 8.5			Pool: 6:00-7:30pm	Pool: 6:00-7:30pm		Pool: 6:00-8:00am	Pool: 9:00-11:00am
Pool Address:	Killarney: 6260 Killarney St, Vancouver			Hillcrest: 4575 Clancy Loranger Way, Vancouver				
	Templeton: 700 Templeton Dr, Vancouver			Britannia: 1661 Napier St, Vancouver				
	Renfrew: 2929 E 22nd Ave, Vancouver			Central Park Pool: 6110 Boundary Rd, Burnaby				