



## Training Schedule of Season 2022-2023

### High-competitive and Competitive groups

| High Competitive     |  | Monday                                | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday   |
|----------------------|--|---------------------------------------|---|---|---|---|---|--|
| <b>Elite A</b>       | Dryland: 3.25                                  |                                       | <u>Hillcrest</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-7:30am   |   | <u>Hillcrest</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-7:30am   |   | <u>Hillcrest</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-8:00am   |  |
|                      | Pool: 12.5                                     | <u>Killarney</u>                      |   | <u>Killarney</u>                                      | <u>Killarney</u>  |   | <u>Renfrew</u>  |  |
|                      | Total Hours: 15.75                             | Dry: 4:30-5:00pm<br>Pool: 5:00-7:00pm |   | Dry: 4:30-5:00pm<br>Pool: 5:00-7:00pm                 | Dry: 4:45-5:00pm<br>Pool: 5:00-7:00pm                       |   | Dry: 6:00-7:15pm<br>Pool: 7:15-8:45pm                       |  |
| <b>Elite B</b>       | Dryland: 3                                     |                                       | <u>Hillcrest</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-7:30am   |   | <u>Hillcrest</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-7:30am   |   | <u>Hillcrest</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-8:00am   |  |
|                      | Pool: 10.5                                     | <u>Killarney</u>                      |   | <u>Killarney</u>                                      |   | <u>Renfrew</u>  |   |  |
|                      | Total Hours: 13.5                              | Dry: 4:30-5:00pm<br>Pool: 5:00-7:00pm |   | Dry: 4:30-5:00pm<br>Pool: 5:00-7:00pm                 |   | Dry: 6:00-7:15pm<br>Pool: 7:15-8:45pm                     |   |  |
| Competitive          |  | Monday                                | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday   |
| <b>Senior</b>        | Dryland: 1.5                                   |                                       | <u>Britannia 3</u><br>Dry: 3:45-4:00pm<br>Pool: 4:00-6:00pm |   | <u>Britannia 3</u><br>Dry: 3:45-4:00pm<br>Pool: 4:00-6:00pm | <u>Renfrew 3</u><br>Dry: 4:00-4:30pm<br>Pool: 4:30-6:00pm | <u>Templeton 6</u><br>Dry: 5:45-6:00am<br>Pool: 6:00-8:00am | <u>Templeton 6</u><br>Dry: 8:45-9:00am<br>Pool: 9:00-11:00am |
|                      | Pool: 10                                       |                                       |   |   |   |   |   |  |
|                      | Total Hours: 11.5                              |                                       |   |   |   |   |   |  |
| <b>Age</b>           | Dryland: 1.75                                  | <u>Templeton 3</u>                    |   | <u>Templeton 3</u>                                    |   | <u>Templeton 3</u>  | <u>Killarney</u>  | <u>Templeton 6</u>   |
|                      | Pool: 9  | Dry: 6:00-6:30pm<br>Pool: 6:30-8:00pm |   | Dry: 6:00-6:30pm<br>Pool: 6:30-8:00pm                 |   | Dry: 4:15-4:30pm<br>Pool: 4:30-6:30pm                     | Dry: 5:45-6:00am<br>Pool: 6:00-8:00am                       | Dry: 8:45-9:00am<br>Pool: 9:00-11:00am                       |
|                      | Total Hours: 10.75                             |                                       |   |   |   |   |   |  |
| <b>Junior</b>        | 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<br>Pool: 6:00-7:30pm                 | Dry: 5:30-6:00pm<br>Pool: 6:00-7:30pm                       |   | Dry: 5:45-6:00am<br>Pool: 6:00-8:00am                       | Dry: 8:45-9:00am<br>Pool: 9:00-11:00am                       |
|                      | Total Hours: 8.5                               |                                       |   |   |   |   |   |  |
| <b>Pool Address:</b> | <b>Killarney: 6260 Killarney St, Vancouver</b> |                                       |   | <b>Hillcrest: 4575 Clancy Loranger Way, Vancouver</b> |   |   |   |  |
|                      | <b>Templeton: 700 Templeton Dr, Vancouver</b>  |                                       |   | <b>Britannia: 1661 Napier St, Vancouver</b>           |   |   |   |  |
|                      | <b>Renfrew: 2929 E 22nd Ave, Vancouver</b>     |                                       |   | <b>Central Park Pool: 6110 Boundary Rd, Burnaby</b>   |   |   |   |  |