**2017-18 Training Schedule**

**\*Please see ‘Group Calendars’ for specific monthly schedule. Any changes to the Group Calendars will be posted under ‘Practice Changes’. All schedules are subject to change.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| National 1 | 5:45-7:30am UT5:00-7:00pm UT | 5:00-7:00pm UT | 5:30-7:30am UT/ 6:00-7:30am SCC5:00-7:00pm UT | 4:00-6:00pm UT | 5:30-7:30am Ben5:00-7:00pm UT | 8:00-10:00am UT 10:15-11:30am Knox |
| National 2 | 6:00-7:30am SCC5:00-6:30pm Riv | 5:30-7:30am UT5:00-7:00pm UT | 6:30-8:00pm Riv | 4:00-6:00pm UT | 5:30-7:00am UT5:30-7:30pm Hav\* | 8:00-10:00am UT 10:15-11:30am Knox |
| Junior National | 5:30-7:30am UT6:30-8:00pm Riv | 5:00-7:00pm UT | 5:30-7:30am UT5:00-6:30pm Riv | 4:30-6:00pm Har | 5:30-7:30pm Hav | 6:00-8:00am UT 8:15-9:30am Knox |
| Senior 1 | 5:30-7:30pm Hav | 5:30-7:30am UT | 5:30-7:30pm Hav | 5:30-7:30am Ben\*7:00-7:30am DL | 5:30-7:30am UT5:00-7:00pm Riv | 6:00-8:00am UT 8:15-9:30am Knox |
| Junior Provincial | 4:30-6:30pm Har\*6:00-6:30pm DL | 6:00-7:30pm Har | 5:30-7:30am Ben\*4:30-7:00pm UT\*4:30-5:00pm DL | 5:00-7:00pm Riv | 4:30-6:30pm Har\*6:00-6:30pm DL | 6:00-8:00am UT 8:15-9:30am Knox |
| Junior 1 | 5:30-7:30am Ben\*7:00-7:30am DL4:30-6:00pm Har\* | 4:30-6:00pm Jar | 4:30-6:30pm Har\*6:00-6:30pm DL | 6:00-8:00pm Har\*6:00-6:30pm DL | 5:30-7:30pm Jar\*5:30-6:00pm DL | 8:00-10:00am UT  |
| Senior 2 | 4:30-6:00pm Jar | 5:30-7:30am Ben\*7:00-7:30am DL | 4:30-6:00pm Jar | 5:30-7:30am UT\*6:30-7:30am DL | 4:30-6:00pm Jar | 5:30-7:30am UT\*7:00-7:30am DL |
| Junior 2 | 5:30-7:30pm Jar\*5:30-6:00pm DL | 6:00-7:30pm Jar | 6:00-7:30pm Har | 5:30-6:30am UT\*6:30-7:30am DL |  | 6:00-8:00am Ben\*7:30-8:00am DL |
|  Youth Festival  | 5:30-7:30pm Har\*5:30-6:00pm DL | 4:30-6:00pm Har | 5:00-7:00pm UT\* | 5:00-7:00pm Riv | 5:30-7:30pm Har\*5:30-6:00pm DL | 7:30-9:45am Ben\*9:10-9:45am DL |
| Youth 1 | 5:00-6:00pm CT | 5:00-6:30pm Riv\*6-6:30pm DL | 5:00-6:30pm CT |  | 5:00-6:30pm CT | 9:30-11:30am Har\*9:30-10:00am DL |
| Youth 2 | 6:00-7:00pm CT | 6:00-7:00pm Riv | 6:30-8:00pm CT |  | 6:30-8:00pm CT |  |
| Senior 3 |  | 5:00-6:30pm CT |  | 5:00-6:30pm CT |  | 7:00-8:30am Har |
| Junior 3 |  | 6:30-8:00pm CT | 6:00-7:30pm Jar | 6:30-8:00pm CT |  | 8:30-10:00am Har |
| Youth 3 | 7:00-8:00pm Branksome |  | 7:00-8:00pm Branksome |  | 6:30-8:00pm Branksome |  |

**Toronto Swim Club Academy**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| GOLD  | 6:00-7:00pm Branksome |  | 6:00-7:00pm Branksome |  | 6:00-7:30pm Branksome |  |
| SILVER  | 7:00-8:00pm Riverdale | 7:00-8:00pm Branksome7:00-8:00pm Harbord | 7:00-8:00pm Riverdale | 7:00-8:00pm Branksome 7:00-8:00pm Harbord |  |  |
| BRONZE | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome6:00-6:45pm Harbord | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome6:00-6:45pm Harbord |  |  |