**2018-19 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.**

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| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| National 1  9x | 5:30-7:30am UT  4:00-5:00pm GR  5:15-7:00pm UT | 5:00-7:00pm UT | 5:30-7:30am UT  4:00-5:00pm GR | 4:00-6:00pm UT | 5:30-7:30am Ben  5:00-7:00pm UT | am UT TBA |
| National 2  8x | 5:45-7:30am SCC  4:30-6:00pm Jar | 5:30-7:30am UT  5:00-7:00pm Riv | 4:30-6:00pm Har | 5:00-7:00pm Riv | 5:30-7:30am UT | am UT TBA |
| Junior National  8x | 5:30-7:30am UT | 5:00-7:00pm UT | 5:30-7:30am UT  5:00-7:00pm UT | 4:00-6:00pm UT | 5:30-7:30am UT  5:30-7:30pm Hav | am UT TBA |
| Senior 1  7x | 4:30-6:00pm Har | 5:30-7:30am UT | 5:30-7:30pm Hav | 5:30-7:30am Ben  \*7:00-7:30am DL | 5:30-7:30am UT  5:00-7:00pm Riv | am UT TBA |
| Senior 2  6x | 6:00-7:30pm Jar | 5:30-7:30am UT  \*7:00-7:30am DL | 6:00-7:30pm Har | 5:30-7:30am UT  \*6:30-7:30am DL | 4:30-6:00pm Jar | am Ben TBA |
| Senior 3  3x | Off | 5:30-7:30am Ben  \*7:00-7:30am DL | 5:00-6:30pm CT | Off | Off | am Ben TBA |
| Junior Provincial  6x | 6:00-7:30pm Har | 5:00-7:00pm UT | 5:30-7:30am Ben  \*7:00-7:30am DL | 4:30-6:00pm Har | 5:00-7:00pm Riv | am UT TBA |
| Junior 1  6x | 5:30-7:30am Ben  \*7:00-7:30am DL | 5:00-6:30pm CT | 5:00-7:00pm Riv | 5:00-6:30pm CT | 4:30-6:00pm Har | am Har TBA |
| Junior 2  5x | 5:30-7:30am UT  \*6:30-7:30am DL | 4:30-6:00pm Jar | 6:30-8:00pm CT | Off | 5:00-6:30pm CT | am Har TBA |
| Junior 3  4x | Off | 6:30-8:00pm CT | 5:30-7:30am UT  \*6:30-7:30am DL | Off | 6:30-8:00pm CT | am CT TBA |
| Youth Festival  5x | 5:30-7:30pm Hav | 6:00-7:30pm Har | 5:00-7:00pm UT | 6:00-7:30pm Har | Off | am UT TBA |
| Youth 1  5x | 5:00-6:30pm Riv | 6:30-8:00pm CT | Off | 6:30-8:00pm CT | 6:00-7:30pm Har | am Har TBA |
| Youth 2  4x | 5:00-6:30pm CT | Off | 5:00-6:00pm Jar | Off | 5:00-6:30pm Brown (2007)  6:30-8:00pm Brown (2008) | am Har TBA |
| Youth 3  3x | 6:00-7:00pm Brown (2007)  7:00-8:00pm Brown (2008-2009) | Off | 6:00-7:00pm Jar | Off | Off | am CT TBA |

**Toronto Swim Club Academy**

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| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| Gold | 6:00-7:00pm Branksome  7:00-8:00pm  Branksome |  | 6:00-7:30pm Branksome  6:30-8:00pm  Branksome |  | 6:00-7:00pm Branksome  7:00-8:00pm  Branksome |  |
| Silver | 7:00-8:00pm  Riverdale | 7:00-8:00pm Branksome  7:00-8:00pm  Brown | 7:00-8:00pm  Riverdale | 7:00-8:00pm Branksome  7:00-8:00pm  Brown |  |  |
| Bronze | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome  6:00-6:45pm  Brown | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome  6:00-6:45pm  Brown |  |  |