**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 19x | 5:30-7:30am UT4:00-5:00pm GR5:15-7:00pm UT | 5:00-7:00pm UT | 5:30-7:30am UT4:00-5:00pm GR | 4:00-6:00pm UT | 5:30-7:30am Ben5:00-7:00pm UT | am UT TBA |
| National 28x | 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 National8x | 5:30-7:30am UT | 5:00-7:00pm UT | 5:30-7:30am UT5:00-7:00pm UT | 4:00-6:00pm UT | 5:30-7:30am UT5:30-7:30pm Hav | am UT TBA |
| Senior 17x | 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 UT5:00-7:00pm Riv  | am UT TBA  |
| Senior 26x | 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 33x | 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 16x | 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 25x | 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 34x | 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 Festival5x | 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 15x | 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 24x | 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 Branksome7:00-8:00pm Branksome  |  | 6:00-7:30pm Branksome6:30-8:00pm Branksome  |  | 6:00-7:00pm Branksome7:00-8:00pm Branksome |  |
| Silver  | 7:00-8:00pm Riverdale | 7:00-8:00pm Branksome7:00-8:00pmBrown  | 7:00-8:00pm Riverdale | 7:00-8:00pm Branksome7:00-8:00pmBrown |  |  |
| Bronze  | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome6:00-6:45pmBrown  | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome6:00-6:45pmBrown |  |  |