 **2019-2020 Training Schedule**

**\*Please see ‘Group Calendars’ for specific monthly schedule. All schedules are subject to change.**

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| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| National Bill  | 5:30-7:30am UT4-5pm Goldring5:30-7pm UT | 4:30-7pm UT | 5:30-7:30am UT4-5pm Golding5:30-7pm UT | 4-6pm UT | 5:30-7:30am Benson4:30-7pm UT | UT TBAGoldring TBA |
| National 2 Nick  | 6:30-7:30am GR4:30-6pm Jarvis  | 5:30-7am UT  5-7pm Riverdale  | 5-7pm UT  |  6:30-7:30am Goldring4-6pm UT (Eastern Qual only) | 5:30-7am UT 5-6:30pm Harbord  | UT TBAGoldring TBA |
| Junior National Kris  | 5:30-7:30am UT | 4-5pm Goldring5:30-7pm UT | 5:30-7:30am UT4:30-6pm Jarvis  | 4-6pm UT | 5:30-7am UT5-7pm UT | UT TBAGoldring TBA |
| Senior 1 Mitch  | 6:30-8pm Riverdale |  5-6:30pm Har  | 6-7am UT weightroom 6-7:30pm Havergal  | 5:30-7am Ben DL 7-7:30am  |  5:30-7:30pm Havergal  |  UT TBA Knox TBA  |
| Senior 2 Nick  | 5:30-7am Benson DL 7-7:30am 6-7:30pm Jarvis |  Off  | 6-7:30pm Jarvis  | 5:30-6:30am UT DL 6:30-7:30am  | 6:30-8pm Harbord  | UT TBA  |
| Senior 3 Natalie  |  Off |  5:30-7am Benson DL 7-7:30am |  5-6:30pm Central Tech  |  Off | Off  |  6-7:30am Benson  |
| Junior Provincial Mitch  |  5-6:30pm Riverdale |  5:30-7am UT DL 7-7:30am | 6-8pm Havergal  | 5-7pm Riverdale  | 5:30-7:30pm Havergal  |  UT TBA Knox TBA  |
| Junior 1 Amanda  |  5-6:30pm Harbord DL 6:30-7:15pm | 5-6:30pm Central Tech  | 5:30-7am Benson DL 7-7:30am | 5-6:30pm Central Tech  | 5-6:30pm RiverdaleDL 6:30-7:15pm  |  7-8:30am Har DL 8:30-9am  |
|  Junior 2 Mel  | 5:30-6:30am UT DL 6:30-7:30am  |  6-7:30pm Jarvis  | 6:30-8pm Central Tech  |  Off  | 5-6:30pm Central Tech  |  6-7:30am Central Tech  |
| Junior 3 Mel  |  Off | 4:30-6pm Jarvis  | 5:30-6:30am UT DL 6:30-7:30am  |  Off |  6:30-8pm Central Tech  |  7:30-9am Central Tech  |
| Junior 4 Charlie | 4:45-6pm Central Tech  |  Off  |  4:45-6:05pm Harbord  |  Off  | 4:45-6:30pm Jarvis (option 1)  | 8:15-10:05am Central Tech (option 2)  |
| Youth FestivalJane  |  5:30-7:30pm Havergal  | 6-8pm HarbordDL 6-6:30pm  | 6-8pm Branksome Hall |  5-6:30pm Harbord  | Off  | 7:30-9am BensonKnox TBA  |
| Youth 1 Amanda  | Off  |  6:30-8pm Central Tech  | 5:30-7:30pm Harbord DL 5:30-6pm  |  6:30-8pm Central Tech  | 6-8pm Riverdale DL 6-6:30pm |  8:30-10:30am HarbordDL 10-10:30am  |
| Youth 2Kirsty  |  6-7:30pm Harbord DL 6-6:30pm  |  Off  |  6-7:30pm Harbord  |  6:30-8pm Harbord  | Off  |  10-11:30am Harbord  |
| Youth 3 Charlie  |  5:45-7:05pm Central Tech  | 4:15-6pm Brown (option 1)  |  Off  | 4:15-6pm Brown (option 2)  |  6:15-7:35pm Jarvis  |  Off  |

**Toronto Swim Club Academy**

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| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| Gold Junior Gold Senior  | 6-7:30pm Branksome Hall 6:30-8pm Branksome Hall  | Off | 6-7pm Riverdale  7-8pm Riverdale  | Off | 6-7pmBranksome Hall 7-8pmBranksome Hall  | Off |
| Silver  | 7-8pm Riverdale  | 7-8pm Branksome Hall  7-8pmBrown  | 5-6pmRiverdale  | 7-8pm Branksome Hall  7-8pmBrown |  |  |
| Bronze  | 6-6:45pmRiverdale  | 6-6:45pmBranksome Hall  6-6:45pm Brown  | 5-5:45pm Riverdale  | 6-6:45pmBranksome Hall  6-6:45pm Brown |  |  |