 **2019-2020 Training Schedule**

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| National  Bill | 5:30-7:30am UT  4-5pm Goldring  5:30-7pm UT | 4:30-7pm UT | 5:30-7:30am UT  4-5pm Golding  5:30-7pm UT | 4-6pm UT | 5:30-7:30am Benson  4:30-7pm UT | UT TBA  Goldring TBA |
| National 2  Nick | 6:30-7:30am GR  4:30-6pm Jarvis | 5:30-7am UT  5-7pm Riverdale | 5-7pm UT | 6:30-7:30am Goldring  4-6pm UT  (Eastern Qual only) | 5:30-7am UT  5-6:30pm Harbord | UT TBA  Goldring TBA |
| Junior National  Kris | 5:30-7:30am UT | 4-5pm Goldring  5:30-7pm UT | 5:30-7:30am UT  4:30-6pm Jarvis | 4-6pm UT | 5:30-7am UT  5-7pm UT | UT TBA  Goldring 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 Riverdale  DL 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 Festival  Jane | 5:30-7:30pm Havergal | 6-8pm Harbord  DL 6-6:30pm | 6-8pm Branksome Hall | 5-6:30pm Harbord | Off | 7:30-9am Benson  Knox 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 Harbord  DL 10-10:30am |
| Youth 2  Kirsty | 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**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 | 6-7pm  Branksome Hall  7-8pm  Branksome Hall | Off |
| Silver | 7-8pm  Riverdale | 7-8pm  Branksome Hall  7-8pm  Brown | 5-6pm  Riverdale | 7-8pm  Branksome Hall  7-8pm  Brown |  |  |
| Bronze | 6-6:45pm  Riverdale | 6-6:45pm  Branksome Hall    6-6:45pm  Brown | 5-5:45pm  Riverdale | 6-6:45pm  Branksome Hall    6-6:45pm  Brown |  |  |