



COLLINGWOOD CLIPPERS TRAINING SCHEDULE 2020-2021



July 1st, 2020	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>GOLD</u>							
<u>AM</u>	5:45am - 7:30am	5:45am - 7:30am	5:45am - 7:30am	5:45am - 7:30am	5:45am - 7:30am	5:45am - 7:30am 7:45am - 8:30am D	OFF
<u>PM</u>		3:45pm - 5:30pm 5:30pm - 6:15pm D		3:45pm - 5:30pm 5:30pm - 6:15pm D			OFF
<u>SILVER</u>							
<u>AM</u>	5:45am - 7:30am		5:45am - 7:30am		5:45am - 7:30am	5:45am - 7:30am 7:45am - 8:30am D	OFF
<u>PM</u>		3:45pm - 5:30pm 5:30pm - 6:15pm D		3:45pm - 5:30pm 5:30pm - 6:15pm D			OFF
<u>BRONZE</u>							
<u>AM</u>		5:45am - 7:30am (11yrs & Over)				7:00am - 7:30am D 7:30am - 9:00am	OFF
<u>PM</u>	3:45pm - 5:15pm		3:45pm - 5:15pm		3:45pm - 5:15pm		OFF
<u>PURPLE</u>							
<u>AM</u>						7:00am - 7:30am D 7:30am - 9:00am	OFF
<u>PM</u>	3:45pm - 5:15pm		3:45pm - 5:15pm		3:45pm - 5:15pm		OFF
<u>JUNIOR CLIPPERS</u>							
<u>PM</u>	5:00pm - 6:00pm		5:00pm - 6:00pm		5:00pm - 6:00pm		OFF

***Please arrive to practices on time so there is no disruption to the group. Please attend your scheduled practices. If your swimmer will be absent, please communicate with your swimmers coach.

D = Dryland