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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Performance** |  | 5:45 – 7:30 |  | 5:45 – 7:30 |  | 7:30-9:30am  9:45-10:15am Leaman Room |
| 3:15– 6 PM | 3:15 – 5 PM 5-5:45 (Cardio) | 3:15 – 5 PM | 3:15 – 4:00 (DL)  4:00 – 6 PM  (H20 at 4:15) | 3:15 – 4:30 PM |  |
| **Orange A** | 5:45 – 7:30 |  |  | 5:45 – 7:30 |  | 6:00-8:15 am 8:45-9:15a DL |
|  | 2:45 – 5 PM 5-5:15 (on deck) | 2:45 – 5 PM | 2:45 – 4:30  4:30 – 5:00 (on deck) | 2:45 – 4:30  4:30 – 5:00(DL) |  |
| **Orange B** | 5:45 – 7:30 |  |  | 5:45 – 7:30 |  | 6:00-8:15 am  8:30-9:15am DL |
|  | 2:45 – 5 PM 5-5:15 (on deck) |  | 2:45 – 4:30  4:30 – 5:00 (on deck) | 2:45 – 4:30  4:30 – 5:00 (DL) |  |
| **Blue A** |  |  | 5:45 – 7:30 |  | 5:45 – 7:30 | 6:00-8:00am 8:15-9:15 (DL) |
| 2:45 – 4:45 PM  5:00- 5:30 (DL) | 2:45 – 5 PM |  | 3:30 – 4:15(DL)  H204:30 – 6:00 |  |  |
| **Blue B** |  | 5:45 – 7:30 |  |  |  |  |
| 4 - 4:30 (DL)  H20 4:45 – 6 PM |  |  | 3:30 – 4:15 (DL)  H20 4:30 – 6 PM | 2:45 – 4:30 PM | 6:00-8:00am 8:15-9:15am (DL) |
| **White** | 4 - 4:30 (DL Maher)  4:45 – 6 PM |  | 3:15 – 5:00 | 4 - 4:30 (DL)  4:45 – 6 PM |  | 8:00-9:30am 9:45-10:30am (DL) |
| **Precomp  Gold** | 3:30 – 4:45 PM | 3:45 – 5:00 PM | 3:45-5:00 PM |  |  |  |
| **Precomp #2** | 4:45- 6 PM |  |  | 4:45 – 6 PM |  |  |
| **Precomp #1** | 3:45 – 5 PM |  |  | 3:45 – 5 PM |  |  |

Notes:

* We recognize many swimmers can not get to the pool at the specified start time. This can be communicated to your child’s coach in the fall and can be accommodated.
* This schedule is still tentative as we may need to move practices based on pool and dryland space availability. Changes will be kept as minimal as possible.
* DL stands for Dryland. Swimmers in Orange and Performance are NOT required to have a gym membership for the Summit Centre at this time.
* Group Meetings will be held in September to explain group expectations and the meet schedule. Meet schedules specific to each group will be handed out at these meetings.
* All groups will begin September 9th with no weekday morning practices that week. Morning practices will begin Sept 16th.
* If you have questions about your child’s group placement, please feel free to contact Head Coach Duffy Earle at [duffy.earle@gmail.com](mailto:duffy.earle@gmail.com)