***Annaleise Carr Aquatic Centre***

***Winter / Spring 2021***

***March 9th – June 12th, 2021***

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| Roster Group  | Coach | Group Size | Monday | Tuesday | Wed | Thursday | Friday | Saturday | Sunday |
| Gold9 hours | Trent McNicol | 17 | ACAC3:30 – 5:30 pm | ACAC3:15-4:30pmRec Centre DL 4:30 – 5:30 pm |  | ACAC5:30 - 7:00 am | ACAC3:30 – 5:30 pm | ACAC5:30 – 6:45 am |  |
| Gold Development5.5 hours | Lisa Anderson-Georgiev | 8 | ACAC5:30 - 7:00 am | Rec Centre DL4:30 – 5:30 pm  |   |  | ACAC5:30 - 7:00 am | ACAC7:00 – 8:30 am |  |
| Train to Compete4.5 hours | Lisa Anderson-Georgiev | 7 | ACAC6:45 – 8:00 pm | ACAC 5:45 – 6:45 pmRec Centre DL7:00 – 8:00 pm |  |  | ACAC5:45 – 7:00 pm  |  |  |
| Stroke Development3 hours | Lisa Anderson-GeorgievTaylor Opersko | 11 | ACAC5:45 – 6:30 pm  | ACAC4:45 – 5:30 pmRec Centre DL5:45 – 6:30 pm |  |  |  | ACAC8:45 – 9:30 am |  |