***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 |
| Gold  9 hours | Trent McNicol | 17 | ACAC 3:30 – 5:30 pm | ACAC  3:15-4:30pm  Rec Centre DL  4:30 – 5:30 pm |  | ACAC 5:30 - 7:00 am | ACAC 3:30 – 5:30 pm | ACAC 5:30 – 6:45 am |  |
| Gold  Development  5.5 hours | Lisa Anderson -Georgiev | 8 | ACAC 5:30 - 7:00 am | Rec Centre DL  4:30 – 5:30 pm |  |  | ACAC 5:30 - 7:00 am | ACAC 7:00 – 8:30 am |  |
| Train to  Compete  4.5 hours | Lisa Anderson -Georgiev | 7 | ACAC  6:45 – 8:00 pm | ACAC  5:45 – 6:45 pm  Rec Centre DL  7:00 – 8:00 pm |  |  | ACAC  5:45 – 7:00 pm |  |  |
| Stroke  Development  3 hours | Lisa Anderson -Georgiev  Taylor Opersko | 11 | ACAC  5:45 – 6:30 pm | ACAC  4:45 – 5:30 pm  Rec Centre DL  5:45 – 6:30 pm |  |  |  | ACAC 8:45 – 9:30 am |  |