



2022/23 Group Schedule

NATIONAL SENIOR: Coach Edit Varga

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|-----------------------|----------------------|-----------------------|----------------------|--------------------|--------------------|--------|
| AM | 6.15-7.15 Magna FC | 5.30-7.30 SAC | 6.15-7.15 Magna FC | 5.30-7.30 Magna | 5.30-7.30 Magna | 5.30-8.00 Magna | |
| PM | 4.00-6.30 Complex | 4.00-5.30 Complex | 4.00-6.00 Magna | 4.00-5.30 Complex | | | |

National Senior: Markham LC 10-12AM
 Sept.24, Oct. 1,8,15, Nov.12, Dec.10

AG1/2: Coach Kelly Hughes

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------------------|--------------------|------------------|------------------------------|--------------------|---|--------|
| AM | 5.30-7.30 Magna | | 5.30-7.00 SAC | 5.30-7.30 SAC AG1 ONLY | | 6.00-7.15 Magna Gym 7.30-10.00 Magna | |
| PM | | 4.00-6.00 Magna | | 4.00-6.00 Magna | 4.00-6.00 Magna | | |

AG3: Coach Sam Shalovsky

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------------------|--------------------|----------------------|----------|----------------------|------------------|--------|
| AM | | 5.30-7.30 Magna | | | 5.30-7.30 SAC | 6.00-8.00 SAC | |
| PM | 4.00-6.00 Magna | | 4.00-5.30 Complex | | 4.00-5.30 Complex | | |

AG4: Coach Sam Shalovsky

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------------------|--------------------|----------------------|----------|----------------------|------------------|--------|
| AM | | 5.30-7.30 Magna | | | | 6.00-8.00 SAC | |
| PM | 4.00-6.00 Magna | | 4.00-5.30 Complex | | 4.00-5.30 Complex | | |

AG5: Coach Sam Shalovsky

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------------------|--------------------|----------------------|----------|--------|------------------|--------|
| AM | | 5.30-7.30 Magna | | | | 8.00-9.30 SAC | |
| PM | 4.00-6.00 Magna | | 4.00-5.30 Complex | | | | |

DEV 1: Coach Colette Fitzgerald

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|------------------|---------|------------------|----------|------------------|----------------------|--------|
| AM | | | | | | 6.00-7.30 Complex | |
| PM | 6.00-7.30 SAC | | 6.30-8.00 SAC | | 6.00-7.30 SAC | | |

DEV 2: Coach Colette Fitzgerald

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|------------------|---------|------------------|----------|------------------|----------|--------|
| AM | | | | | | | |
| PM | 6.00-7.30 SAC | | 6.30-8.00 SAC | | 6.00-7.30 SAC | | |

WAVE JR & SR : Coach Colette Fitzgerald and Sam Shalovsky

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|---------|--------------------------------|----------|--------------------------------|-------------------------------------|--------|
| AM | | | | | | 7.30-9.00 Complex (Colette) | |
| PM | | | 5.30-6.30 Complex (Sam) | | 5.30-6.30 Complex (Sam) | | |

SPLASH: Coach Colette Fitzgerald

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|----------------------|-----------|----------------------|--------|----------|--------|
| AM | | | | | | | |
| PM | | 5.30-6.15 Complex | | 5.30-6.15 Complex | | | |