



CATALINA SCHEDULE 2022/2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite		Act 5:45-6:00 SW 6:00-8:00		Act 5:45-6:00 SW 6:00-8:00		Act 6:45-7:00 SW 7:00-8:30 360 - 9:00 to 10:00	
	Act 2:30-2:45 SW 2:45-4:45 PC: 4:45-5:00	Act 2:30-2:45 SW 2:45-4:30 360 : 5:00-6:00	Act 2:30-2:45 SW 2:45-4:45 PC 4:45-5:00	Act 2:30-2:45 SW 2:45-4:45 P.C. 4:45-5:00	Act 2:30-2:45 SW 2:45-4:45 Gym 5:00-6:00	Act 2:30-2:45 SW 2:45-4:45	During aero dev phase 3:00 to 5:00
PERF		Act 5:45-6:00 SW 6:00-8:00		Act 5:45-6:00 SW 6:00-8:00		Act 6:45-7:00 SW 7:00-8:30 360 - 9:00 to 10:00	
	Act 2:30-2:45 SW 2:45-4:15 PC: 4:15-4:30	Act 2:30-2:45 SW 2:45-4:30 Dry : 4:30-5:30	Act 2:30-2:45 SW 2:45-4:45 PC: 4:45-5:00	Act 2:30-2:45 SW 2:45-4:45 P.C. 4:45-5:00	Act 2:30-2:45 SW 2:45-4:30 Gym 5:00-6:00	Act 2:30-2:45 SW 2:45-4:30	
Prospect			Act 5:45-6:00 SW 6:00-7:30			Act 8:15-8:30 SW 8:30-10:30	
	GYM : 4:45/5:45 SW: 5:45-7:15	Act 4:15-4:30 SW 4:30-6:00	Dry 4:45-5:30 SW 5:30-6:30	Act 4:30/4:45 SW 4:45-6:30 Stretch : 6:30-6:45	Act 4:30-4:45 SW 4:45-6:45		
Provincial						Act 8:15-8:30 SW 8:30-10:00	
	GYM : 4:45/5:45 SW: 6:00-7:15	Act 4:15-4:30 SW 4:30-6:00	Act 5:45-6:00 SW 6:00-7:30	Act 4:30/4:45 SW 4:45-6:00 Stretch 6:00-6:15	Act 5:00-5:15 SW 5:15-6:45	Stretch 10:00-10:15	
Development	Act 4:00-4:15 SW 4:15-5:15 Dry : 5:15-5:45	Act 5:15-5:30 SW 5:30-7:00		Act 4:30-4:45 SW 4:45-5:45 Dry : 5:45-6:15	Act 4:15-4:30 SW 4:30-6:00	Dry 3:30-4:00 SW 4:00-5:00	
		Dry: 5:30-6:00 SW: 6:00-7:00		Act: 5:30-5:45 SW: 5:45-7:00	Act 3:45-4:00 SW 4:00-5:00 REC CENTER	SW 3:00-4:00 Dry 4:00-4:30	

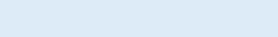
LTS	5:00- 5:45 (1) 5:45-6:30 (2)		5:00- 5:45 (1) 5:45-6:30 (2)				
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Dry= Dryland - Need sport gear

Act= Activation

SW= swim

Stretch= Stretching initiation



AM SESSION