

Peddie Aquatic Association Training Schedule

(Effective September 6, 2022)

| Group: | Session | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-------------------------|------------------------------|---------------------------|-------------------------------|---------------------------|-------------|---------------------------|
| Falcon A | Pool | 5:30-6:15pm | | 5:30-6:15pm | | | 8:00-9:00am |
| Falcon B | Pool | 5:30-6:15pm | | 5:30-6:15pm | | | |
| Junior Development | Strength & Conditioning | | | | | | Dryland 9:00-9:45am |
| | Pool | 6:30-7:30pm | | 7:00-8:00pm | | | 10:00-11:30am |
| Juniors | Strength & Conditioning | | | | | | Dryland 9:00-9:45am |
| | Pool | | 7:00-8:15pm | | 7:00-8:00pm | 5:30-7:00pm | 10:00-11:30am |
| Junior Performance | Strength & Conditioning | | | Weightroom 7:15-8:00pm | | | Weightroom 7:15-8:00am |
| | Pool | 5:00-6:30pm | | 5:00-7:00pm | 7:00-8:30pm | 5:30-7:00pm | 8:00-10:00am |
| Senior Development | Strength & Conditioning | | | Dryland 6:15-6:50pm | | | Dryland 10:15-11:00am |
| | Pool | | 5:30-7:00pm | 7:00-8:45pm | 5:30-7:00pm | 7:00-8:30pm | 8:00-10:00am |
| Senior | Strength & Conditioning | | Weightroom 6:15-7pm | | | | Weightroom 8:15-9:00am |
| | Pool | 7:00-9:00pm | 7:00-9:00pm | 7:00-9:00pm | | 5:30-7:30pm | 6:00-8:00am |
| Senior Performance | AM Pool | By Invite | | By Invite | | | Weightroom 6:00-8:00am |
| | Strength & Conditioning | | Weightroom 7:40-8:20pm | | Weightroom 7:40-8:20pm | | 8:15-9am |
| | PM Pool | 5:00-7:00pm | 5:30-7:30pm | 5:00-7:00pm | 5:30-7:30pm | 5:30-7:30pm | |
| Varsity | AM Pool | 6:00-7:30am | | 6:00-7:30am | | | 6:00-7:30/8am |
| | Strength & Conditioning | | Weightroom Pod 1 & 2 | | Weightroom Pod 1 & 2 | | |
| | PM Pool | 3:30-5:00pm *Dist. 5:30pm | 3:30-5:30pm | Optional Lift 3: 30-4:30pm | 3:30-5:30pm | 3:30-5:30pm | |