

Practice schedule is tentative – may change to fit the club’s needs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			"A" Group (3 lanes)				
am		6:00 - 7:30 (3 lanes)		6:00 - 7:30 (3 lanes)		6:00 - 7:30 (3 lanes)	
pm	4:00-5:30 (3 lanes)		4:00-5:30 (3 lanes)	4:10 - 5:10 Dry Land	4:00-5:30 (3 lanes)		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			"B" Group (3 lanes)				
am						6:00 - 7:30 (3 Lanes) (Stouffville)	
pm		4:00 - 5:30 (3 Lanes)	4:10 - 5:10 Dry Land	4:00 - 5:30 (3 Lanes)	4:00 - 5:00 (3 Lanes)		4:30 - 6:00 (3 Lanes)
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Gold Group (3 Lanes)				
am							
pm	4:10 - 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land	4:00 - 5:30 (3 Lanes)		4:00 - 5:30 (3 Lanes)		4:30 - 6:00 (3 Lanes)	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Silver Group (3 Lanes)				
am							
pm	4:00 - 5:00 (3 Lanes)		4:00 - 5:00 (3 Lanes)			4:30 - 6:00 (3 Lanes) Centennial Pool (Markham)	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday