

May 1st - 12th					
GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
GREEN	5:45-7:00 PM	5:00-6:00 PM	-	-	-
WHITE	5:45-7:00 PM	5:00-6:00 PM	-	-	-
JUNIOR	5:45-7:00 PM	-	5:00-6:00 PM	-	5:00-6:00 PM
INTERMEDIATE	6:45-8:00 PM	-	5:00-6:00 PM	5:45-7:00 PM	5:00-6:00 PM
SENIOR GREEN	6:45-8:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:45-7:00 PM	5:00-6:00 PM
SENIOR WHITE	6:45-8:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:45-7:00 PM	5:00-6:00 PM

*** Please note that the **RED** = Dryland at Greenaway Outdoor Pool (bring runners & water bottle) and the **BLACK** = Swimming at SSLC (Surrey Sports & Leisure Complex)

May 13th - 31st						
GROUP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEVO	-	4:00-5:00 PM	4:00-5:00 PM	-	-	4:00-5:00 PM
GREEN	-	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	-	3:45-5:00 PM
WHITE	-	4:45-6:00 PM	-	4:45-6:00 PM	3:45-5:00 PM	3:45-5:00 PM
JUNIOR	-	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	-
INTERMEDIATE	5:45-7:00 PM	4:30-6:00 PM	7:00-8:30 PM	4:30-6:00 PM	7:00-8:30 PM	4:45-6:00 PM
SENIOR GREEN	5:45-8:00 PM	6:30-8:30 PM	4:45-6:00 PM	6:30-8:30 PM	4:45-6:00 PM	7:15-8:30 PM
SENIOR WHITE	5:45-8:00 PM	6:30-8:30 PM	4:45-6:30 PM	6:30-8:30 PM	4:45-6:00 PM	7:15-8:30 PM

***Dryland Activation included in all practices - BRING RUNNERS & WATER BOTTLE

***Practice at Surrey Sports and Leisure Complex

JUNE 3rd - 30th					
GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEVO	4:00-5:00 PM	4:00-5:00 PM	-	-	4:00-5:00 PM
GREEN	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	-	3:45-5:00 PM
WHITE	4:45-6:00 PM	-	4:45-6:00 PM	3:45-5:00 PM	3:45-5:00 PM
JUNIOR	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM
INTERMEDIATE	4:30-6:00 PM	6:00-7:30 AM 4:30-6:00 PM	4:30-6:00 PM	3:45-5:30 PM	7:00-8:30 PM
SENIOR GREEN	6:30-8:30 PM	4:45-6:00 PM	6:30-8:30 PM	6:00-7:30 AM 4:45-6:00 PM	4:45-6:00 PM
SENIOR WHITE	6:30-8:30 PM	6:00-7:30 AM 4:45-6:30 PM	6:30-8:30 PM	6:00-7:30 AM 4:45-6:00 PM	4:45-6:00 PM
WATERPOLO	-	7:00-8:30 PM	5:30-7:00 PM	7:00-8:30 PM	-

***Bolted practices are in the MORNING

***Dryland Actionvation included in all practices - BRING RUNNERS AM & PM PRACTICES

***Practice at Surrey Sports and Leisure Complex

JULY 1st - AUGUST 1st					
GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TINY TRITONS A	4:00-4:30 PM	4:00-4:30 PM	-	4:00-4:30 PM	-
TINY TRITONS B	4:30-5:00 PM	4:30-5:00 PM	-	4:30-5:00 PM	-
TINY TRITONS C	5:00-5:30 PM	-	5:00-5:30 PM	-	5:00-5:30 PM
DEVO	4:00-5:00 PM	4:00-5:00 PM	-	-	4:00-5:00 PM
GREEN	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM	3:45-5:00 PM
WHITE	3:45-5:00 PM	3:45-5:00 PM	4:45-6:00 PM	3:45-5:00 PM	3:45-5:00 PM
JUNIOR	7:15-8:30 PM	3:45-5:00 PM	3:45-5:00 PM	4:30-6:00 PM	7:15-8:45 AM 3:45-5:00 PM
INTERMEDIATE	6:30-8:45 AM	4:30-6:00 PM	6:30-8:45 AM 4:30-6:00 PM	7:15-8:45 AM 4:30-6:00 PM	-
SENIOR GREEN	4:00-6:00 PM	6:30-8:45 AM 4:45-6:30 PM	6:30-8:30 PM	6:30-8:45 AM	4:45-6:00 PM
SENIOR WHITE	4:00-6:00 PM	6:30-8:45 AM 4:45-6:30 PM	7:15-8:45 AM 6:30-8:30 PM	6:30-8:45 AM	4:45-6:00 PM
TECH TIME	-	-	-	-	7:00-8:30 PM
WATERPOLO	-	7:00-8:30 PM	5:30-7:00 PM	7:00-8:30 PM	-

***Bolted practices are in the MORNING

***Dryland Actionvation included in all practices (excluding Tiny Tritons) - BRING RUNNERS AM & PM PRACTICES

***Practice at Surrey Sports and Leisure Complex

Green, White, Junior, Intermediate, and Senior Groups are invited to join Tech time Friday Nights where coaches will focus on specific techniques before meets (ex. dives & turns)