

Seals Training Schedule 2011/2012

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIN PUPS (1 PER WEEK)			5:45-6:30 pm Civic			
PUPS 1 (2 PER WEEK)				5:00-5:45 pm Civic	5:00-5:45 pm Civic	
PUPS 2 (2 PER WEEK)			5:00-5:45 pm Civic	5:45-6:30 pm Civic	5:45-6:30 pm Civic	
PUPS 3 (3 PER WEEK)	5:00-6:00 pm Centennial		5:00-5:45 pm Centennial	6:30-7:30 pm Civic		Optional practice 8:00-9:00am Centennial
JUNIOR 1 (4 PER WEEK)		6:00-7:30 am Civic (All swim)		6:00-7:30 pm Civic (1/2 hour dryland; 1 hour swim)	6:00-7:00 pm Centennial (All swim)	7:00-9:00 am Civic
JUNIOR 2 (5 PER WEEK)		6:00-7:30 am Civic (All swim)	5:45-7:00 pm Centennial (All swim)	6:00-7:30 am Pan Am (All swim)	6:00-7:30 pm Civic (1/2 hour dryland; 1 hour swim)	7:00-9:00 am Civic
SENIOR 1 (5 PER WEEK)		6:00-7:30 am Pan Am (All swim)	4:30-7:30 pm Civic (2 hours Swim; 1 hour dryland)	6:00-7:30 am Civic (All swim)	4:30-7:30 pm Civic (2 hours swim; 1 hour dryland)	7:00-9:00 am Centennial
SENIOR 2 & 3 (6 to 7 PER WEEK)		6:00-7:30 am Pan Am (All swim)	6:00-7:30am Civic 4:30-7:30 pm Civic (2 hours swim; 1 hour dryland)	6:00-7:30 am Civic 4:30-6:30 pm Civic (All Swim)	4:30-7:30 pm Civic (2 hours swim; 1 hour dryland)	7:00-9:00 am Centennial