

# ST. JAMES SEALS TRAINING SCHEDULE 2009/2010

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mini Pups</b> <i>(1 per week)</i>			5:45-6:30pm (Civic-deep) 5:45-6:30pm (Civic-shallow)			
<b>Pups 1</b> <i>(2 per week)</i>				5:00-5:45pm (Civic-deep) 5:00-5:45pm (Civic-shallow)	5:00-5:45pm (Civic-deep) 5:00-5:45pm (Civic-shallow)	
<b>Pups 2</b> <i>(2 per week)</i>			5:00-5:45pm (Civic)	5:45-6:30pm (Civic-deep) 5:45-6:30pm (Civic-shallow)	5:45-6:30pm (Civic-deep) 5:45-6:30pm (Civic-shallow)	
<b>Pups 3</b> <i>(3 per week)</i>	4:30-5:15pm (Centennial)		4:30-5:15pm (Centennial)	6:30-7:15pm (Civic) 6:30-7:15pm (Civic)	6:30-7:15pm (Civic)	
<b>Junior 1</b> <i>(4 per week)</i>		6:00-7:30am (Civic) <i>(all swim)</i>		6:00-7:30pm (Civic) <i>(1/2 hour dry; 1 hour swim)</i>	6:00-7:30pm (Civic) <i>(1/2 hour dry; 1 hour swim)</i>	7:00-9:00am (North Cent.) <i>(all swim)</i>
<b>Junior 2</b> <i>(5 per week)</i>		6:00-7:30am (Civic) <i>(all swim)</i>		6:00-7:30am (PanAm) 6:00-7:30pm Civic <i>(1/2 hour dry; 1 hour swim)</i>	6:00-7:30pm (Civic) <i>(1/2 hour dry; 1 hour swim)</i>	<i>(all swim)</i>
<b>Senior1</b> <i>(5 per week)</i>		6:00-7:30am (PanAm)	4:30-7:30pm (Civic) <i>(2 hours swim 1 hour Dry)</i>	6:00-7:30am (Civic) <i>(all swim)</i>	4:30-7:30pm (Civic) <i>(2 hours swim 1 hour Dry)</i>	7:00-9:00am (North Cent.) <i>(all swim)</i>
<b>Senior2</b> <i>(6 per week)</i>		6:00-7:30am (PanAm)	4:30-7:30pm (Civic) <i>(2 hours swim 1 hour Dry)</i>	6:00-7:30am (Civic) <i>(all swim)</i> 4:30-6:30pm (Civic) <i>(all swim)</i>	4:30-7:30pm (Civic) <i>(2 hours swim 1 hour Dry)</i>	7:00-9:00am (North Cent.) <i>(all swim)</i>

## **Hours in the Water Competitive Group**

**Junior 1 Four Practices 5.5 swim hours 1 hour dry land**

**Junior 2 Five Practices 7.0 swim hours 1 hour dry land**

**Senior 1 Five Practices 9.0 swim hours 2 hours dry land**

**Senior 2 Six Practices 11.00 swim hours 2 hours dry land**

**Total swimmers in groups estimate**

**Junior 1 Twelve swimmers**

**Junior 2 Eight swimmers**

**Senior 1 Four swimmers**

**Senior 2 Sixteen swimmers**

**Competitive group (not including pups 3) Forty swimmers**