

## Practice Schedules for May 2017

All Practices are at Spani Pool unless otherwise stated.

Practice times include Dryland warmup, Pool time and Warm down (if applicable)

Please come dressed for Dryland activities and wear running shoes.

PSLC - Poirier Sport and Leisure Complex

CCAC - City Centre Aquatic Complex

Senior		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
May 1-7	AM				6:00-7:30 AM		6:30-8:30 AM	
	PM			5:00-7:00 PM		4-6pm		
May 8-14	AM	6:00-7:30 AM	6:00-7:30 AM		6:00-7:30 AM		6:30-8:30 AM	
	PM		7:45-9:00 PM	5:00-7:00 PM		4-6pm		
May 15-21	AM	6:00-7:30 AM	6:00-7:30 AM		6:00-7:30 AM		6:30-8:30 AM	
	PM		7:45-9:00 PM	5:00-7:00 PM		4-6pm		
May 22-28	AM	6:00-7:30 AM	6:00-7:30 AM		6:00-7:30 AM		<b>Sharks Intraclub</b>	
	PM		7:45-9:00 PM	5:00-7:00 PM		4-6pm		
May 29 - Jun 4	AM	6:00-7:30 AM	6:00-7:30 AM		6:00-7:30 AM		Burnaby Meet	Burnaby Meet
	PM		7:45-9:00 PM	5:00-7:00 PM		4-6pm		

Intermediate		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
May 1-7	AM			6:00-7:30am		6:00-7:30am		7:00-9:00am
	PM				5:00-7:00pm			
May 8-14	AM			6:00-7:30am		6:00-7:30am		7:00-9:00am
	PM	6:45-8:00pm	5:00-7:00pm		5:00-7:00pm			
May 15-21	AM			6:00-7:30am		6:00-7:30am		7:00-9:00am
	PM	6:45-8:00pm	5:00-7:00pm		5:00-7:00pm			
May 22-28	AM			6:00-7:30am		6:00-7:30am	<b>Sharks Intraclub</b>	7:00-9:00am
	PM	6:45-8:00pm	5:00-7:00pm		5:00-7:00pm			
May 29 - Jun 4	AM			6:00-7:30am		6:00-7:30am	Burnaby Meet	Burnaby Meet
	PM	6:45-8:00pm	5:00-7:00pm		5:00-7:00pm			

<b>Junior</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM							
	PM			3:45-5:15pm		3:45-5:15pm	12:15-1:45pm	
<b>May 8-14</b>	AM							8:30-10:15am
	PM	5:30-7:15pm		3:45-5:15pm		3:45-5:15pm	12:15-1:45pm	4:45-6:15pm
<b>May 15-21</b>	AM							8:30-10:15am
	PM	5:30-7:15pm		3:45-5:15pm		3:45-5:15pm	12:15-1:45pm	4:45-6:15pm
<b>May 22-28</b>	AM						<b>Sharks Intraclub</b>	8:30-10:15am
	PM	5:30-7:15pm		3:45-5:15pm		3:45-5:15pm		4:45-6:15pm
<b>May 29 - Jun 4</b>	AM							
	PM	5:30-7:15pm		3:45-5:15pm		3:45-5:15pm	Burnaby Meet	Burnaby Meet

<b>Junior A</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM							8:30-10:15am
	PM			4:45-6:15pm		5:15-6:45pm PSLC	1:15-2:45pm	5:45-7:15pm
<b>May 8-14</b>	AM							8:30-10:15am
	PM	5:30-7:15pm		4:45-6:15pm		5:15-6:45pm PSLC	1:15-2:45pm	5:45-7:15pm
<b>May 15-21</b>	AM							8:30-10:15am
	PM	5:30-7:15pm		4:45-6:15pm		5:15-6:45pm PSLC	1:15-2:45pm	5:45-7:15pm
<b>May 22-28</b>	AM						<b>Sharks Intraclub</b>	8:30-10:15am
	PM	5:30-7:15pm		4:45-6:15pm		5:15-6:45pm PSLC		5:45-7:15pm
<b>May 29 - Jun 4</b>	AM							
	PM	5:30-7:15pm		4:45-6:15pm		5:15-6:45pm PSLC	Burnaby Meet	Burnaby Meet

<b>Development 1</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM						10:15-11:30am	9:45-11:00am
	PM				3:45-5:00pm			
<b>May 8-14</b>	AM						10:15-11:30am	9:45-11:00am
	PM	3:45-5:00pm	3:45-5:00pm		3:45-5:00pm			
<b>May 15-21</b>	AM						10:15-11:30am	9:45-11:00am
	PM	3:45-5:00pm	3:45-5:00pm		3:45-5:00pm			
<b>May 22-28</b>	AM						<b>Sharks Intraclub</b>	9:45-11:00am
	PM	3:45-5:00pm	3:45-5:00pm		3:45-5:00pm			
<b>May 29 - Jun 4</b>	AM					Burnaby Dev Meet	Burnaby Meet	Burnaby Meet
	PM	3:45-5:00pm	3:45-5:00pm		3:45-5:00pm			

<b>Development 2</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM						11:15am-12:30pm	10:45am-12noon
	PM				4:45-6:00pm			
<b>May 8-14</b>	AM						11:15am-12:30pm	10:45am-12noon
	PM	4:45-6:00pm	4:45-6:00pm		4:45-6:00pm			
<b>May 15-21</b>	AM						11:15am-12:30pm	10:45am-12noon
	PM	4:45-6:00pm	4:45-6:00pm		4:45-6:00pm			
<b>May 22-28</b>	AM						<b>Sharks Intraclub</b>	10:45am-12noon
	PM	4:45-6:00pm	4:45-6:00pm		4:45-6:00pm			
<b>May 29 - Jun 4</b>	AM					Burnaby Dev Meet	Burnaby Meet	Burnaby Meet
	PM	4:45-6:00pm	4:45-6:00pm		4:45-6:00pm			

<b>Mini Sharks 1</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	PM							4:45-5:45pm PSLC
<b>May 8-14</b>	PM			4:45-5:45pm PSLC				4:45-5:45pm PSLC
<b>May 15-21</b>	PM			4:45-5:45pm PSLC				4:45-5:45pm PSLC
<b>May 22-28</b>	PM			4:45-5:45pm PSLC			<b>Sharks Intraclub</b>	4:45-5:45pm PSLC
<b>May 29 - Jun 4</b>	PM			4:45-5:45pm PSLC				No Practice

<b>Mini Sharks 2</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	PM							5:30-6:30pm PSLC
<b>May 8-14</b>	PM			5:30-6:30pm PSLC				5:30-6:30pm PSLC
<b>May 15-21</b>	PM			5:30-6:30pm PSLC				5:30-6:30pm PSLC
<b>May 22-28</b>	PM			5:30-6:30pm PSLC			<b>Sharks Intraclub</b>	5:30-6:30pm PSLC
<b>May 29 - Jun 4</b>	PM			5:30-6:30pm PSLC				No Practice

<b>Masters</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 4 - May 8</b>	PM			7:45-9:00pm	7:45-9:00pm			
<b>May 9 - 15</b>	PM	7:45-9:00pm		7:45-9:00pm	7:45-9:00pm			
<b>May 16 - 22</b>	PM	7:45-9:00pm		7:45-9:00pm	7:45-9:00pm			
<b>May 23 - 29</b>	PM	7:45-9:00pm		7:45-9:00pm	7:45-9:00pm		<b>Sharks Intraclub</b>	
<b>May 30 - Jun 5</b>	PM	7:45-9:00pm		7:45-9:00pm	7:45-9:00pm			

Waterpolo U12		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
May 1-7	AM							
	PM			7:00-8:00pm		6:00-7:00pm	2:30-4:00pm	12:00-1:30pm
May 8-14	AM							
	PM			7:00-8:00pm		6:00-7:00pm	2:30-4:00pm	12:00-1:30pm
May 15-21	AM							
	PM			7:00-8:00pm		6:00-7:00pm	2:30-4:00pm	12:00-1:30pm
May 22-28	AM						<b>Sharks Intraclub</b>	
	PM			7:00-8:00pm		6:00-7:00pm		12:00-1:30pm
May 29 - Jun 4	AM							
	PM			7:00-8:00pm		6:00-7:00pm	2:30-4:00pm	12:00-1:30pm

Waterpolo U14		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
May 1-7	AM							
	PM				7:00-8:00pm	7:00-8:00pm	4:00-5:30pm	1:30-3:00pm
May 8-14	AM							
	PM		7:00-8:00pm		7:00-8:00pm	7:00-8:00pm	4:00-5:30pm	1:30-3:00pm
May 15-21	AM							
	PM		7:00-8:00pm		7:00-8:00pm	7:00-8:00pm	4:00-5:30pm	1:30-3:00pm
May 22-28	AM						<b>Sharks Intraclub</b>	
	PM		7:00-8:00pm		7:00-8:00pm	7:00-8:00pm		1:30-3:00pm
May 29 - Jun 4	AM							
	PM		7:00-8:00pm		7:00-8:00pm	7:00-8:00pm	4:00-5:30pm	1:30-3:00pm

<b>Waterpolo U16 &amp; U18</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM							
	PM					8:00-9:00pm	5:30-7:00pm	3:00-5:00pm
<b>May 8-14</b>	AM							
	PM					8:00-9:00pm	5:30-7:00pm	3:00-5:00pm
<b>May 15-21</b>	AM							
	PM					8:00-9:00pm	5:30-7:00pm	3:00-5:00pm
<b>May 22-28</b>	AM						<b>Sharks Intraclub</b>	
	PM					8:00-9:00pm		3:00-5:00pm
<b>May 29 - Jun 4</b>	AM							
	PM					8:00-9:00pm	5:30-7:00pm	3:00-5:00pm

<b>Diving</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM				4:30-6:00pm Spani			
	PM				7:30-9:00pm CCAC		4:30-6:30pm PSLC	4:30-6:30pm PSLC
<b>May 8-14</b>	AM				4:30-6:00pm Spani			
	PM		4:30-6:00pm		7:30-9:00pm CCAC		4:30-6:30pm PSLC	4:30-6:30pm PSLC
<b>May 15-21</b>	AM				4:30-6:00pm Spani			
	PM		4:30-6:00pm		7:30-9:00pm CCAC		4:30-6:30pm PSLC	4:30-6:30pm PSLC
<b>May 22-28</b>	AM				4:30-6:00pm Spani		<b>Sharks Intraclub</b>	
	PM		4:30-6:00pm		7:30-9:00pm CCAC		4:30-6:30pm PSLC	4:30-6:30pm PSLC
<b>May 29 - Jun 4</b>	AM				4:30-6:00pm Spani			
	PM		4:30-6:00pm		7:30-9:00pm CCAC		4:30-6:30pm PSLC	4:30-6:30pm PSLC

<b>Synchro</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>May 1-7</b>	AM						8:30-10:30am	
	PM			5:00-6:30pm PSLC				
<b>May 8-14</b>	AM						8:30-10:30am	
	PM			5:00-6:30pm PSLC				
<b>May 15-21</b>	AM						8:30-10:30am	
	PM			5:00-6:30pm PSLC				
<b>May 22-28</b>	AM						<b>Sharks Intraclub</b>	
	PM			5:00-6:30pm PSLC				
<b>May 29 - Jun 4</b>	AM						8:30-10:30am	
	PM			5:00-6:30pm PSLC				