

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		Sharks Intraclub	
	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		6:30-8:30 AM	
	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	Sharks Intraclub	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		7:00-9:00am
	PM	6:45-8:00pm	5:00-7:00pm		5:00-7:00pm			

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

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

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

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

Mini Sharks 1		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
May 1-7	PM							4:45-5:45pm PSLC
May 8-14	PM			4:45-5:45pm PSLC				4:45-5:45pm PSLC
May 15-21	PM			4:45-5:45pm PSLC				4:45-5:45pm PSLC
May 22-28	PM			4:45-5:45pm PSLC			Sharks Intraclub	4:45-5:45pm PSLC
May 29 - Jun 4	PM			4:45-5:45pm PSLC				4:45-5:45pm PSLC

Mini Sharks 2		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
May 1-7	PM							5:30-6:30pm PSLC
May 8-14	PM			5:30-6:30pm PSLC				5:30-6:30pm PSLC
May 15-21	PM			5:30-6:30pm PSLC				5:30-6:30pm PSLC
May 22-28	PM			5:30-6:30pm PSLC			Sharks Intraclub	5:30-6:30pm PSLC
May 29 - Jun 4	PM			5:30-6:30pm PSLC				5:30-6:30pm PSLC

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

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

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

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