

## Practice Schedules for June 29 - Aug 3

Please come dressed for Dryland activities and wear running shoes.

PSLC - Poirier Sport and Leisure Complex

CCAC - City Centre Aquatic Complex

SP - Spani

ER - Eagle Ridge

Senior		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM				5:45-7am ER	5:45-7am SP	Golden Spike Meet	Golden Spike Meet
	PM				4-6pm ER			
July 3-9	AM	5:45-7am ER	5:45-7am ER	7-9am SP	5:45-7am ER	5:45-7am SP	Hootenanay	Hootenanay
	PM	4-6pm ER			4-6pm ER			
July 10-16	AM	5:45-7am ER	5:45-7am ER	7-9am SP	5:45-7am ER	5:45-7am SP	Vikings Meet	Vikings Meet
	PM	4-6pm ER			4-6pm ER			
July 17-23	AM	5:45-7am ER	5:45-7am ER	7-9am SP	5:45-7am ER	5:45-7am SP	Sharks in the Park	Sharks in the Park
	PM	4-6pm ER			4-6pm ER			
July 24-30	AM	5:45-7am ER	5:45-7am ER	7-9am SP	5:45-7am ER	5:45-7am SP	<b>OFF</b>	<b>OFF</b>
	PM	4-6pm ER			4-6pm ER			
July 31- Aug 3	AM	5:45-7am ER	5:45-7am ER	7-9am SP	5:45-7am ER	REGIONALS	REGIONALS	REGIONALS
	PM	4-6pm ER			4-6pm ER			

Intermediate		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM				5:45-7am SP	5:45-7am ER	Golden Spike Meet	Golden Spike Meet
	PM					4:30-6pm SP		
July 3-9	AM	6:45-8am ER	5:45-7am SP	5:45-7am ER	5:45-7am SP	5:45-7am ER	Hootenanay	Hootenanay
	PM		4-6pm ER			4:30-6pm SP		
July 10-16	AM	6:45-8am ER	5:45-7am SP	5:45-7am ER	5:45-7am SP	5:45-7am ER	Vikings Meet	Vikings Meet
	PM		4-6pm ER			4:30-6pm SP		
July 17-23	AM	6:45-8am ER	5:45-7am SP	5:45-7am ER	5:45-7am SP	5:45-7am ER	Sharks in the Park	Sharks in the Park
	PM		4-6pm ER			4:30-6pm SP		
July 24-30	AM	6:45-8am ER	5:45-7am SP	5:45-7am ER	5:45-7am SP	5:45-7am ER	<b>OFF</b>	<b>OFF</b>
	PM		4-6pm ER			4:30-6pm SP		
July 31- Aug 3	AM	6:45-8am ER	5:45-7am SP	5:45-7am ER	5:45-7am SP	REGIONALS	REGIONALS	REGIONALS

PM		4-6pm ER					
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Jr A		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM				6:45-8am PSLC		Golden Spike Meet	Golden Spike Meet
	PM					4:45-6pm PSLC		
July 3-9	AM	6:45-8am SP	6:45-8am ER	6:45-8am ER	6:45-8am PSLC		Hootenanay	Hootenanay
	PM			4-6pm SP		4:45-6pm PSLC		
July 10-16	AM	6:45-8am SP	6:45-8am ER	6:45-8am ER	6:45-8am PSLC		Vikings Meet	Vikings Meet
	PM			4-6pm SP		4:45-6pm PSLC		
July 17-23	AM	6:45-8am SP	6:45-8am ER	6:45-8am ER	6:45-8am PSLC		Sharks in the Park	Sharks in the Park
	PM			4-6pm SP		4:45-6pm PSLC		
July 24-30	AM	6:45-8am SP	6:45-8am ER	6:45-8am ER	6:45-8am PSLC		OFF	OFF
	PM			4-6pm SP		4:45-6pm PSLC		
July 31- Aug 3	AM	6:45-8am SP	6:45-8am ER	6:45-8am ER	6:45-8am PSLC	REGIONALS	REGIONALS	REGIONALS
	PM			4-6pm SP				

Jr B		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM				7:45-9am ER	6:45-8am ER	Golden Spike Meet	Golden Spike Meet
	PM							
July 3-9	AM	7:45-9am SP	7:45-9am ER	6:45-8am ER	7:45-9am ER	6:45-8am ER	Hootenanay	Hootenanay
	PM			4-6pm SP				
July 10-16	AM	7:45-9am SP	7:45-9am ER	6:45-8am ER	7:45-9am ER	6:45-8am ER	Vikings Meet	Vikings Meet
	PM			4-6pm SP				
July 17-23	AM	7:45-9am SP	7:45-9am ER	6:45-8am ER	7:45-9am ER	6:45-8am ER	Sharks in the Park	Sharks in the Park
	PM			4-6pm SP				
July 24-30	AM	7:45-9am SP	7:45-9am ER	6:45-8am ER	7:45-9am ER	6:45-8am ER	OFF	OFF
	PM			4-6pm SP				
July 31- Aug 3	AM	7:45-9am SP	7:45-9am ER	6:45-8am ER	7:45-9am ER	REGIONALS	REGIONALS	REGIONALS
	PM			4-6pm SP				

<b>Dev 1</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>June 29-July 2</b>	AM				6:45-8:15am ER		Golden Spike Meet	Golden Spike Meet
	PM					4:45-6:15pm ER		
<b>July 3-9</b>	AM		7:45-9:15am SP		6:45-8:15am ER		Hootenanay	Hootenanay
	PM	4:45-6:15pm SP		4:45-6:15pm ER		4:45-6:15pm ER		
<b>July 10-16</b>	AM		7:45-9:15am SP		6:45-8:15am ER		Vikings Meet	Vikings Meet
	PM	4:45-6:15pm SP		4:45-6:15pm ER		4:45-6:15pm ER		
<b>July 17-23</b>	AM		7:45-9:15am SP		6:45-8:15am ER	Sharks Dev Meet	Sharks in the Park	Sharks in the Park
	PM	4:45-6:15pm SP		4:45-6:15pm ER				
<b>July 24-30</b>	AM		7:45-9:15am SP		6:45-8:15am ER		<b>OFF</b>	<b>OFF</b>
	PM	4:45-6:15pm SP		4:45-6:15pm ER		4:45-6:15pm ER		
<b>July 31- Aug 3</b>	AM		7:45-9:15am SP		6:45-8:15am ER	REGIONALS	REGIONALS	REGIONALS
	PM	4:45-6:15pm SP		4:45-6:15pm ER				

<b>Dev 2</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>June 29-July 2</b>	AM					7:45-9:15am ER	Golden Spike Meet	Golden Spike Meet
	PM				4:45-6:15pm SP			
<b>July 3-9</b>	AM	7:45-9:15am ER		7:45-9:15am ER		7:45-9:15am ER	Hootenanay	Hootenanay
	PM		4:45-6:15pm SP		4:45-6:15pm SP			
<b>July 10-16</b>	AM	7:45-9:15am ER		7:45-9:15am ER		7:45-9:15am ER	Vikings Meet	Vikings Meet
	PM		4:45-6:15pm SP		4:45-6:15pm SP			
<b>July 17-23</b>	AM	7:45-9:15am ER		7:45-9:15am ER		7:45-9:15am ER	Sharks in the Park	Sharks in the Park
	PM		4:45-6:15pm SP		4:45-6:15pm SP	Sharks Dev Meet		
<b>July 24-30</b>	AM	7:45-9:15am ER		7:45-9:15am ER		7:45-9:15am ER	<b>OFF</b>	<b>OFF</b>
	PM		4:45-6:15pm SP		4:45-6:15pm SP			
<b>July 31- Aug 3</b>	AM	7:45-9:15am ER		7:45-9:15am ER		REGIONALS	REGIONALS	REGIONALS
	PM		4:45-6:15pm SP		4:45-6:15pm SP			

<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>June 29-July 2</b>	PM				8:15-9:30pm			
<b>July 3 - 9</b>	PM	8:15-9:30pm		8:15-9:30pm	8:15-9:30pm			
<b>July 10 - 16</b>	PM	8:15-9:30pm		8:15-9:30pm	8:15-9:30pm			
<b>July 17-23</b>		8:15-9:30pm		8:15-9:30pm	8:15-9:30pm			
<b>July 24-30</b>	PM	8:15-9:30pm		8:15-9:30pm	8:15-9:30pm			

July 31 - Aug 3	PM	8:15-9:30pm		8:15-9:30pm	8:15-9:30pm			
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Polo U12		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM				7-8am SP	8-9am SP		
	PM							6-7:30pm CCAC
July 3-9	AM			9-10:30am CCAC	7-8am SP	8-9am SP		
	PM							6-7:30pm CCAC
July 10-16	AM			9-10:30am CCAC	7-8am SP	8-9am SP		
	PM							6-7:30pm CCAC
July 17-23	AM			9-10:30am CCAC	7-8am SP	8-9am SP		
	PM							6-7:30pm CCAC
July 24-30	AM			9-10:30am CCAC	7-8am SP	8-9am SP		
	PM							6-7:30pm CCAC
July 31- Aug 3	AM			9-10:30am CCAC	7-8am SP	8-9am SP		
	PM							6-7:30pm CCAC

Polo U14		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM				8-9am SP	7-8am SP		
	PM							
July 3-9	AM	9-10:30am CCAC		7:45-9pm CCAC	8-9am SP	7-8am SP		
	PM							
July 10-16	AM	9-10:30am CCAC		7:45-9pm CCAC	8-9am SP	7-8am SP		
	PM							
July 17-23	AM	9-10:30am CCAC		7:45-9pm CCAC	8-9am SP	7-8am SP		
	PM							
July 24-30	AM	9-10:30am CCAC		7:45-9pm CCAC	8-9am SP	7-8am SP		
	PM							
July 31- Aug 3	AM	9-10:30am CCAC		7:45-9pm CCAC	8-9am SP	7-8am SP		
	PM							

Polo U16/18		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 29-July 2	AM							
	PM				7:30-9pm CCAC			
July 3-9	AM	6-7am SP						
	PM	8-9pm CCAC	7:30-9:30pm CCAC		7:30-9pm CCAC			
July 10-16	AM	6-7am SP						
	PM	8-9pm CCAC	7:30-9:30pm CCAC		7:30-9pm CCAC			
July 17-23	AM	6-7am SP						
	PM	8-9pm CCAC	7:30-9:30pm CCAC		7:30-9pm CCAC			
July 24-30	AM	6-7am SP						

	PM	8-9pm CCAC	7:30-9:30pm CCAC		7:30-9pm CCAC			
<b>July 31- Aug 3</b>	AM	6-7am SP						
	PM	8-9pm CCAC	7:30-9:30pm CCAC		7:30-9pm CCAC			

<b>Dive</b>		<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>June 29-July 2</b>	AM							
	PM				4:30-6pm ER	4:30-6pm ER		
<b>July 3-9</b>	AM		7-9am ER					
	PM	4:30-6pm ER		4:30-6pm ER	4:30-6pm ER	4:30-6pm ER		
<b>July 10-16</b>	AM		7-9am ER					
	PM	4:30-6pm ER		4:30-6pm ER	4:30-6pm ER	4:30-6pm ER		
<b>July 17-23</b>	AM		7-9am ER					
	PM	4:30-6pm ER		4:30-6pm ER	4:30-6pm ER	4:30-6pm ER		
<b>July 24-30</b>	AM		7-9am ER					
	PM	4:30-6pm ER		4:30-6pm ER	4:30-6pm ER	4:30-6pm ER		
<b>July 31- Aug 3</b>	AM		7-9am ER					
	PM	4:30-6pm ER		4:30-6pm ER	4:30-6pm ER	4:30-6pm ER		

<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>June 29-July 2</b>	AM				5-7:30pm CCAC			
	PM							
<b>July 3-9</b>	AM		7-9am Sp	6-8am SP	5-7:30pm CCAC			
	PM		5-7:30pm CCAC	5-6:30pm PSLC				
<b>July 10-16</b>	AM		7-9am Sp	6-8am SP	5-7:30pm CCAC			
	PM		5-7:30pm CCAC	5-6:30pm PSLC				
<b>July 17-23</b>	AM		7-9am Sp	6-8am SP	5-7:30pm CCAC			
	PM		5-7:30pm CCAC	5-6:30pm PSLC				
<b>July 24-30</b>	AM		7-9am Sp	6-8am SP	5-7:30pm CCAC			
	PM		5-7:30pm CCAC	5-6:30pm PSLC				
<b>July 31- Aug 3</b>	AM		7-9am Sp	6-8am SP	5-7:30pm CCAC			
	PM		5-7:30pm CCAC	5-6:30pm PSLC				