

Shallow End		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning AM 6:00 - 7:30	Shallow		Sr Prov 6:00 - 7:30 High School 6:30 - 7:30		Sr Prov 6:00 - 7:30 Prov 6:00 - 7:30		
Afternoon	Shallow	Sr Prov 3:45 - 5:30	Sr Prov 3:45 - 5:30	Sr Prov 3:45 - 5:30	Sr Prov 3:45 - 5:30	Sr Prov 3:45 - 5:30	Nov Adv 8:30 - 9:30
		Prov 5:00 - 6:30	Prov 5:00 - 6:30	Prov 5:00 - 6:30	Prov 5:00 - 6:30	Prov 5:00 - 6:30	Novice 9:30 - 10:30 Regional
			Novice 5:30 - 6:30	Swim Skills 5:45-6:30	Novice 5:30 - 6:30	Swim Skills 5:45-6:30	8:30 - 10:00

Deep end		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning AM 5:30 - 7:30	Deep					Sr Prov 6:00 - 7:30 High School	Sr Prov Prov 6:30 - 8:30
Afternoon	Deep	Regional 5:00 - 6:30	Regional 5:00 - 6:30	Regional 5:00 - 6:30 High School 5:00 - 6:30	Regional 5:00 - 6:30	Regional 5:00 - 6:30	High School 8:30 - 10:00
		Novice Adv 5:30 - 6:30		Novice Adv 5:30 - 6:30		Novice Adv 5:30 - 6:30	

Grp1 Sr Prov	3:45-6:00	6:00 - 7:30 am 3:45 - 5:30 pm	3:45 - 6:00 pm	6:00 - 7:30 am 3:45 - 5:30 pm	6:00 - 7:30 am 3:45 - 5:30 pm	6:30 - 8:30 am
Grp 2 Prov	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	6:00 - 7:30 am 5:00 - 6:30 pm	5:00 - 6:30 pm	6:30 - 8:30 am
Grp 3 Regional	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	5:00 - 6:30 pm	8:30 - 10:00 am
Grp 4 Nov Advanced	5:30 - 6:30 pm		5:30 - 6:30 pm		5:30 - 6:30 pm	8:30 - 9:30 am
Novice		5:30 - 6:30 pm		5:30 - 6:30 pm		9:30 - 10:30 am
Grp 5 High School		6:30 - 7:30 am	5:00 - 6:30 pm		6:00 - 7:30 am	8:30 - 10:00 am
Swim Skills			5:45 - 6:30 pm		5:45 - 6:30 pm	

	Mon	Tues	Wed	Thur	Fri	Sat
Sr Prov	1.75	3.25	1.75	3.25	3.25	2
Provincial	1.5	2.0	1.5	3	1.5	2
Regional	1.5	1.5	1.5	1.5	1.5	1.5
Novice Adv	1		1		1	1
High Schl		1	1.5		1.5	1.5
Novice		1		1		1
Swim Skills			0.75		0.75	

Swim Skills sessions

Session 1 September 26 to Dec 2

Session 2 January 10 to March 9 (9 weeks)

Session 3 April 9 to June 15