

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 -7:30 am	National	Sr Provincial	National	Sr Provincial Provincial	National	6:30 - 8:30 Nat / Sr Prov Provincial
3:15 - 5:00 pm	Nat / Sr Prov	Nat / Sr Prov	Nat / Sr Prov	Nat / Sr Prov	Nat / Sr Prov	8:30 - 10 Regional
5:00 - 6:30 pm	Provincial Jr Provincial Regional	Provincial Jr Provincial	Provincial Jr Provincial Regional	Provincial Jr Provincial	Provincial Jr Provincial Regional	8:30 - 10 Jr Prov 8:30 - 9:30 Novice Adv 9:30 - 10:30 Novice
5:30 - 6:30 pm	Novice Adv	Novice	Novice Adv Swim Skills	Novice	Novice Adv Swim Skills	

Group	Hours of Training					not including dryland	Total
National	3.25	1.75	3.25	1.75	3.25	2	15.25
Sr Prov	1.75	3.25	1.75	3.25	1.75	2	13.75
Prov	1.5	1.5	1.5	3	1.5	2	11
Jr Prov	1.5	1.5	1.5	1.5	1.5	1.5	9
Regional	1.5		1.5		1.5	1.5	6
Nov Adv	1		1		1	1	4
Nov		1		1		1	3
	10.5	9	10.5	10.5	10.5	11	