



# 2022-2023 SCHEDULE

**SCHEDULE SUBJECT TO CHANGE DUE TO FACILITY AVAILABILITY**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH PERFORMANCE	1.5 Hrs Mornings	6-9pm SARC	5:30 - 6:30pm Pilates	6-9pm SARC		3 x mth Pool/Dryland	5.5 Hrs TPASC
16-20 PROVINCIAL		6-9pm SARC		6-9pm SARC		1x mth Pool 1x mth Dryland	4 Hrs TPASC
13+ PROVINCIAL		6-9pm SARC	6-8pm Virtual	6-9pm SARC		1x mth Pool 1x mth Dryland	4 Hrs TPASC
12 U PROVINCIAL		6-9pm SARC	6-8pm Virtual	6-9pm SARC		1 x mth Dryland	3 Hrs TPASC
REGIONAL					7-9pm MAGNA		2 Hrs TPASC or YORK U
PRE-COMPETITIVE			6-8pm Virtual		6:30-8:30pm MAGNA		
AQUAGO! (NEWMARKET)					1 Hr/Groups 6:30-9pm MAGNA		
AQUAGO! (OAK RIDGES)	6-8pm OCC						
EXTRA ROUTINES						1 x mth Location/Time TBD	2 Hrs TPASC
<b>ALL EXTRA ROUTINES ARE AT AN EXTRA COST</b>							
<b>SARC - Stronach Aurora Recreation Complex, MAGNA - Newmarket's Magna Centre</b>							
<b>TPASC - Toronto Pan Am Sports Centre, YORK - York University Tait McKenzie Centre</b>							
<b>OCC - Oak Ridges Community Centre and Pool</b>							
<b>SATURDAYS LOCATION TO BE DETERMINED</b>							