

2022-2023

SCHEDULE

TENTATIVE SCHEDULE SUBJECT TO CHANGE DUE TO FACILITY AVAILABILITY

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH PERFORMANCE	1.5 hrs Mornings	6-9pm	5:30-6:30pm	6-9pm	1:30-4pm (optional*)	3 x mth Pool/Dryland	5-1/2 hrs
	Location/Time TBD	SARC	Pilates	SARC	MAGNA	Location/Time TBD	TPASC (optional FT*)
16-20 PROVINCIAL		6-9pm		6-9pm	1:30-4pm (optional*)	1 x mth Pool 1 x mth Dryland	4 hrs
		SARC		SARC	MAGNA	Location/Time TBD	TPASC (optional FT*)
13+ PROVINCIAL		6-9pm	5-7pm	6-9pm	1:30-4pm (optional*)	1 x mth Pool 1 x mth Dryland	4 hrs
		SARC	Zoom	SARC	MAGNA	Location/Time TBD	TPASC (optional FT*)
12 U PROVINCIAL		6-9pm	5-7pm	6-9pm	1:30-4pm (optional*)	1/mth Dryland	3 hrs
		SARC	Zoom	SARC	MAGNA	Location/Time TBD	TPASC (optional FT*)
REGIONAL					7:00-9:00pm		7-9am
					MAGNA		YORK
PRE-COMPETITIVE			5-7pm		6:30 - 8:30pm		
			Zoom		MAGNA		
AQUA GO					1 hr/group 6:30-9pm		
					MAGNA		
EXTRA ROUTINES						1/mth Pool	2 hrs
						Location/Time TBD	TPASC

ANY RED Time = OPTIONAL * EXTRA COST

SARC -Stronach Aurora Recreation Complex; MAGNA - Magna Centre; TPASC - Toronto Pan Am Sports Centre; YORK - York University Tait McKenzie Centre

SATURDAYS LOCATIONS AND TIMES TO BE DETERMINED

ALL EXTRA ROUTINES/EXTRA PRACTICES ARE AT AN EXTRA COST

FT - Optional Figures Training may be available during the season Dates/Times TBD