**2017-18 Training Schedule**

**\*Please see ‘Group Calendars’ for specific monthly schedule. Any changes to the Group Calendars will be posted under ‘Practice Changes’. All schedules are subject to change.**

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| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| National 1 | 5:45-7:30am UT  5:00-7:00pm UT | 5:00-7:00pm UT | 5:30-7:30am UT/ 6:00-7:30am SCC  5:00-7:00pm UT | 4:00-6:00pm UT | 5:30-7:30am Ben  5:00-7:00pm UT | 8:00-10:00am UT  10:15-11:30am Knox |
| National 2 | 6:00-7:30am SCC  5:00-6:30pm Riv | 5:30-7:30am UT  5:00-7:00pm UT | 6:30-8:00pm Riv | 4:00-6:00pm UT | 5:30-7:00am UT  5:30-7:30pm Hav\* | 8:00-10:00am UT  10:15-11:30am Knox |
| Junior National | 5:30-7:30am UT  6:30-8:00pm Riv | 5:00-7:00pm UT | 5:30-7:30am UT  5:00-6:30pm Riv | 4:30-6:00pm Har | 5:30-7:30pm Hav | 6:00-8:00am UT  8:15-9:30am Knox |
| Senior 1 | 5:30-7:30pm Hav | 5:30-7:30am UT | 5:30-7:30pm Hav | 5:30-7:30am Ben  \*7:00-7:30am DL | 5:30-7:30am UT  5:00-7:00pm Riv | 6:00-8:00am UT  8:15-9:30am Knox |
| Junior Provincial | 4:30-6:30pm Har  \*6:00-6:30pm DL | 6:00-7:30pm Har | 5:30-7:30am Ben\*  4:30-7:00pm UT  \*4:30-5:00pm DL | 5:00-7:00pm Riv | 4:30-6:30pm Har  \*6:00-6:30pm DL | 6:00-8:00am UT  8:15-9:30am Knox |
| Junior 1 | 5:30-7:30am Ben  \*7:00-7:30am DL  4:30-6:00pm Har\* | 4:30-6:00pm Jar | 4:30-6:30pm Har  \*6:00-6:30pm DL | 6:00-8:00pm Har  \*6:00-6:30pm DL | 5:30-7:30pm Jar  \*5:30-6:00pm DL | 8:00-10:00am UT |
| Senior 2 | 4:30-6:00pm Jar | 5:30-7:30am Ben  \*7:00-7:30am DL | 4:30-6:00pm Jar | 5:30-7:30am UT  \*6:30-7:30am DL | 4:30-6:00pm Jar | 5:30-7:30am UT  \*7:00-7:30am DL |
| Junior 2 | 5:30-7:30pm Jar  \*5:30-6:00pm DL | 6:00-7:30pm Jar | 6:00-7:30pm Har | 5:30-6:30am UT  \*6:30-7:30am DL |  | 6:00-8:00am Ben  \*7:30-8:00am DL |
| Youth Festival | 5:30-7:30pm Har  \*5:30-6:00pm DL | 4:30-6:00pm Har | 5:00-7:00pm UT\* | 5:00-7:00pm Riv | 5:30-7:30pm Har  \*5:30-6:00pm DL | 7:30-9:45am Ben  \*9:10-9:45am DL |
| Youth 1 | 5:00-6:00pm CT | 5:00-6:30pm Riv  \*6-6:30pm DL | 5:00-6:30pm CT |  | 5:00-6:30pm CT | 9:30-11:30am Har  \*9:30-10:00am DL |
| Youth 2 | 6:00-7:00pm CT | 6:00-7:00pm Riv | 6:30-8:00pm CT |  | 6:30-8:00pm CT |  |
| Senior 3 |  | 5:00-6:30pm CT |  | 5:00-6:30pm CT |  | 7:00-8:30am Har |
| Junior 3 |  | 6:30-8:00pm CT | 6:00-7:30pm Jar | 6:30-8:00pm CT |  | 8:30-10:00am Har |
| Youth 3 | 7:00-8:00pm Branksome |  | 7:00-8:00pm Branksome |  | 6:30-8:00pm Branksome |  |

**Toronto Swim Club Academy**

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| GROUP | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| GOLD | 6:00-7:00pm Branksome |  | 6:00-7:00pm Branksome |  | 6:00-7:30pm Branksome |  |
| SILVER | 7:00-8:00pm Riverdale | 7:00-8:00pm Branksome  7:00-8:00pm Harbord | 7:00-8:00pm Riverdale | 7:00-8:00pm Branksome  7:00-8:00pm Harbord |  |  |
| BRONZE | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome  6:00-6:45pm Harbord | 6:00-6:45pm Riverdale | 6:00-6:45pm Branksome  6:00-6:45pm Harbord |  |  |