 SMMER TRAINING SCHEDULE 2017

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| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 2  **PROVINCIALS** | 3  AM OFF  5:30-6:30pm UT light swim (optional for N1 swimmers) | 4  5:30-7:30am UT  5:00-7:00 pm UT | 5  4:00-6:00 pm UT | 6  5:30-7:30 am UT  4:00-6:00 pm UT\* | 7  7:30-9:30 am Summerville  5:30-7:00 pm UT | 8  10:00am – 12:00pm UT |
| 9 | 10  5:30-7:30 am UT  5:30-7:00 pm UT | 11  5:00-7:00 pm UT | 12  5:30-7:30 am UT  4:00-6:00 pm UT | 13  **QUEBEC CUP**  4:00-6:00 pm UT | 14  **QUEBEC CUP**  7:30-9:30 am Summerville  5:30-7:00 pm UT | 15  **QUEBEC CUP**  8:00-10:00am UT |
| 16  **QUEBEC CUP** | 17  5:30-7:30 am UT  5:30-7:00 pm UT | 18  5:00-7:00 pm UT | 19  5:30-7:30 am UT  4:00-6:00 pm UT | 20  4:00-6:00 pm UT | 21  5:30-7:30 am UT  5:30-7:00 pm UT | 22  8:00-10:00am UT |
| 23 | 24  5:30-7:00 pm UT | 25  5:00-6:30 pm UT | 26  **CANADIAN JUNIOR CHAMPIONSHIPS** | 27  **CANADIAN JUNIOR CHAMPIONSHIPS** | 28  **CANADIAN JUNIOR CHAMPIONSHIPS** | 29  **CANADIAN JUNIOR CHAMPIONSHIPS** |
| 30  **CANADIAN JUNIOR CHAMPIONSHIPS** | 31  **CANADIAN JUNIOR CHAMPIONSHIPS** | 1  5:00-6:30 pm UT | 2  9:00-10:00 am UT | 3  Travel to Montreal  Swim TBA | 4  **CANADIAN SWIMMING CHAMPIONSHIPS** | 5  **CANADIAN SWIMMING CHAMPIONSHIPS** |
| 6  **CANADIAN SWIMMING CHAMPIONSHIPS** |  |  |  |  |  |  |

\*CJC/CSC swimmers only