

2011-2012 TRAINING SCHEDULES

Please check the TSC website and group calendars for updates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National Gold I (NG1)	5:30-7:30am @UofT *DL	5:30-7:30am @UofT	5:30-7:30am @UofT	OFF	5:30-7:30am @Benson	5:30-9:00am @UofT *yoga	OFF
	4:30-6:30pm @Harbord	4:00-7:00pm @UofT *DL	OFF	3:30-6:00pm @UofT *Nat 5:00-7:00pm @Riverdale	4:30-6:30pm @Jarvis		
Gold II (G2)	OFF	OFF	5:30-7:30am @UofT *DL (no swim)	OFF	5:30-7:30am @UofT *DL	9:30am-12:00pm @UofT (2:45-5:00pm @UofT *)	OFF
	4:30-6:30pm @Jarvis	5:00-7:00pm @Riverdale	4:30-6:30pm @Harbord	4:30-6:30pm @Harbord	OFF		
Gold III (G3)	OFF	OFF	5:30-7:30am @UofT *DL (no swim)	OFF	OFF	OFF	OFF
	4:30-6:30pm @Jarvis	5:00-7:00pm @Riverdale	OFF	4:30-6:30pm @Harbord	OFF		

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Silver I (S1)	5:30-7:30am @UofT	OFF	OFF	OFF	5:30-7:30am @UofT	5:45-8:30am @UofT	OFF
	5:00-7:00pm @Riverdale	OFF	4:30-7:00pm @UofT	4:30-6:30pm @Central Tech	5:00-7:00pm @Riverdale		
Silver II (S2)	5:30-7:30am @UofT *DL	OFF	OFF	OFF	OFF	9:30am- 12:00pm @UofT	OFF
	OFF	5:00-7:00pm @Jarvis	5:30-7:30pm @Havergal	5:30-7:30pm @Central Tech	5:30-7:30pm @Havergal		
Silver III (S3)	OFF	OFF	OFF	OFF	OFF	9:00-11:30am @Harbord	OFF
	4:30-6:30pm @Central Tech	OFF	4:30-6:30pm @Jarvis	OFF	4:30-6:15pm @Central Tech		
Gold, Silver IV (GS4)	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	6:15-7:30pm @Harbord	OFF	6:15-7:30pm @Harbord	OFF	6:00-7:30pm @Central Tech		

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Bronze I-II (B12)	OFF	OFF	5:45-7:30am @UofT	OFF	OFF	7:00-9:30am @Harbord	OFF
	5:30-7:30pm @Havergal	4:30-6:30pm @Harbord	OFF	OFF	5:30-7:30pm @Harbord		
Bronze III (B3)	OFF	OFF	OFF	OFF	OFF	7:30-9:30am @Harbord	OFF
	OFF	4:30-6:00pm @Central Tech	4:30-6:00pm @Central Tech	OFF	4:30-6:15pm @Harbord		
Bronze IV (B4)	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	OFF	5:30-7:00pm @Central Tech	6:00-7:30pm @Riverdale	OFF	4:30-6:15pm @Harbord		
Intro Harbord	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	OFF	5:45-7:00pm Intro Junior 6:45-8:00pm Intro Senior @Harbord	OFF	5:45-7:00pm Intro Junior 6:45-8:00pm Intro Senior @Harbord	OFF		
Intro Riverdale	OFF	OFF	OFF	OFF	OFF	OFF	OFF
	6:45-8:00pm @Riverdale	OFF	5:00-6:15pm @Riverdale	OFF	OFF		