

JUNIOR A / JUNIOR B Aquaducks Summer Pool Schedule 2010 (Turtles 3:30 – 4:00 Monday thru Thursday)

	(WEEK)DATES		MON	TUES	WED	THURS	FRI	
May								
	(1)3-7 (2)10-14 (3)17-21 (4)24-28	am	no am	no am	Junior B : no am Junior A: 7:15-8:15	no am	no am	
		pm	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	
May/June								
	(5)31-4 (6)7-11 (7)14-18 (8)21-25	am	no am	no am	Junior B : no am Junior A: 7:15-8:15	no am	no am	
		pm	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	
June/July								
	(9)-28-2 (10)5-9 (11)12-16 (12)19-23 (13) 26-30	am	no am	no am	Junior B : no am Junior A: 7:15-8:15	no am	7:00-8:00	
		pm	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	no pm	
August	(14)3rd to 6th		no am	no am	7:15-8:15	no am	7:00-8:00	
			4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00	no pm	

**Please note: Juniors must arrive at 3:30 pm for dryland training
 Juniors must arrive 15 minutes prior to morning practices for stretching

SENIOR Aquaducks Summer Pool Schedule 2010

	(Week) dates		Mon	Tues	Wed	Thurs	Fri	Sat
May								
	(1)3-8 (2)10-15 (3)17-22 (4)24-29	am pm	Weights (not on the 3 rd !) 7:00-8:00 5:15-6:15	7:15-8:15 5:15-6:15	Weights 7:00-8:00 5:15-6:15	7:15-8:15 5:15-6:15	Weights 7:00-8:00 5:15-6:15	Swim 10:45- 11:45
May	(5)31-5	am pm	Weights 7:00-8:00 5:15-6:45	7:15-8:15 5:15-6:45	Weights 7:00-8:00 5:15-6:45	7:15-8:15 5:15-6:45	Weights 7:00-8:00 5:15-6:15	Swim 10:45- 11:45
June								
	(6)7-11 (7)14-18 (8)21-25	am pm	no am 5:15-6:45	7:15-8:15 5:15-6:45	7:15-8:15 5:15-6:45	7:15-8:15 5:15-6:45	no am 5:15-6:15	
June/July								
	(9)28-2 (10)5-9 (11)12-16 (12)19-23 (13)26-30	am pm	no am 5:15-6:45	7:15-8:45 5:15-6:45	7:15-8:45 5:15-6:45	7:15-8:45 5:15-6:45	8:00-9:00 no pm	
August								
	(14)3rd to 6th		no am 5:15-6:45	7:15-8:45 5:15-6:45	7:15-8:45 5:15-6:45	7:15-8:45 5:15-6:45	8:00-9:00 no pm	

**Please note: Seniors must arrive at 4:45 pm for dry-land training

Seniors must arrive 15 minutes prior to morning practices for stretching

Weight location...TBA

****This schedule is subject to change please check www.revelstokeaquaducks.ca for current updates.

