

## Practice schedule for Age, Age Plus, Senior A and Elite from June 5 to June 30

May 23, 2017

Monday, June 5	4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b> Elite, Senior A and Senior B 3:30pm to 4:00pm dry land, 4:00pm to 6:00pm <b>Killarney</b> 3 lanes Age and Age Plus
Tuesday, June 6	4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b> Elite and Senior A 5:00pm to 5:30pm dry land, 5:30pm to 7:30pm <b>Killarney</b> Age and Age Plus
Wednesday, June 7	4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b> Elite, Senior A and Age Plus
Thursday, June 8	4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b> Elite and Senior A 5:00pm to 5:30pm dry land, 5:30pm to 7:30pm Killarney/ Age
Friday, June 9	4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b> Elite, Senior B and Age Plus
Saturday, June 10	6:30am to 6:45am dry land, 6:45am to 8:45am <b>Templeton</b> Elite, Senior A, Senior B, Age and Age Plus
Sunday, June 11	NO practice

Monday, June 12	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite, Senior A and Senior B</p> <p>3:30pm to 4:00pm dry land, 4:00pm to 6:00pm <b>Killarney</b> 3 lanes</p> <p>Age and Age Plus</p>
Tuesday, June 13	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite and Senior A</p> <p>5:00pm to 5:30pm dry land, 5:30pm to 7:30pm <b>Killarney</b></p> <p>Age and Age Plus</p>
Wednesday, June 14	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite, Senior A and Age Plus</p>
Thursday, June 15	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite and Senior A</p> <p>5:00pm to 5:30pm dry land, 5:30pm to 7:30pm Killarney</p> <p>Age</p>
Friday, June 16	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite, Senior B and Age Plus</p>
Saturday, June 17	<p><b>LMR Champs and BC AA Champs on June 17 to 18</b></p> <p>Swimmers, who do not go those meets, please go to Killarney pool from 6:45am to 8:00am</p>
Sunday, June 18	<p>NO Practice</p>

Monday, June 19	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite, Senior A and Senior B</p> <p>3:30pm to 4:00pm dry land, 4:00pm to 6:00pm <b>Killarney</b> 3 lanes</p> <p>Age and Age Plus</p>
Tuesday, June 20	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite and Senior A</p> <p>5:00pm to 5:30pm dry land, 5:30pm to 7:30pm <b>Killarney</b></p> <p>Age and Age Plus</p>
Wednesday, June 21	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite, Senior A and Age Plus</p>
Thursday, June 22	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite and Senior A</p> <p>5:00pm to 5:30pm dry land, 5:30pm to 7:30pm Killarney</p> <p>Age</p>
Friday, June 23	<p>4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes <b>Central park pool</b></p> <p>Elite, Senior B and Age Plus</p>
Saturday, June 24	<p>6:30am to 6:45am dry land, 6:45am to 8:45am <b>Templeton</b></p> <p>Elite, Senior A, Senior B, Age and Age Plus</p>
Sunday, June 25	<p>NO Practice</p>

Monday, June 26      4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes **Central park pool**  
Elite, Senior A and Senior B

Tuesday, June 27      4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes **Central park pool**  
Elite and Senior A  
5:00pm to 5:30pm dry land, 5:30pm to 7:30pm **Killarney**  
Age and Age Plus

Wednesday, June 28      4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes **Central park pool**  
Elite, Senior A and Age Plus

Thursday, June 29      4:30pm to 5:00pm dry land, 5:00pm to 7:00pm 3 lanes **Central park pool**  
Elite and Age Plus  
5:00pm to 5:30pm dry land, 5:30pm to 7:30pm Killarney/ Age

Friday, June 30      6:00am to 6:15am dry land, 6:15am to 8:00M **Killarney 2lane**  
Elite, Senior A, Senior B

**Following practice schedule is for swimmers who go to BC AAA at Kamloops**

Monday, July 3      5:00pm to 5:30pm dry land, 5:30pm to 7:00pm **Killarney 2lanes**

Tuesday, July 4      6:00am to 6:15am dry land, 6:15am to 8:00am **Killarney 2lanes**

Wednesday, July 5      NO practice/Leave Vancouver for Kamloops

Thursday July 6 to Sunday July 10      BC AAA Champs at Kamloops

**Central park outdoor pool: 6110 Boundary Rd, Burnaby, BC V5S 3R2 604-570-4000**