

Practice schedule during Killarney pool closure Nov 28 to Dec 18, 2016

Nov 5, 2016

Monday, Nov 28 *6:00pm to 6:30pm Dry land, 6:30pm to 8:00pm Templeton/Age/Age+//Kyle*
5:00pm to 5:30pm Dry land, 5:30pm to 6:30pm 1 lane Britannia/Gold/Anchie

Tuesday, Nov 29

4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm Britannia S-B//Anchie
4:30pm to 5:00pm dry land, 5:00pm to 7:00pm Hillcrest 2 lanes/Elite/ Senior A
4:30pm to 5:00pm dry land, 5:00pm to 6:00pm Hillcrest 1 lanes/Blue/Jennifer
5:30pm to 6:00pm dry land, 6:00pm to 7:00pm Hillcrest 1 lanes/Gecko B/Bowen

Wednesday, Nov 30

6:00pm to 6:30pm Dry land, 6:30pm to 8:00pm Templeton/Age/Age+//Kyle
5:00pm to 5:30pm Dry land, 5:30pm to 6:30pm 1 lane Britannia/Gold/Anchie
3:30pm to 4:00pm Dry land, 4:00pm to 6:00pm Hillcrest 3 lanes /Elite/ Senior A
5:30pm to 6:00pm Dry land, 6:00pm to 7:00pm Hillcrest 3 lanes/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Thursday, Dec 1 *4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm Britannia S-B//Anchie*

4:30pm to 5:00pm dry land, 5:00pm to 6:00pm Hillcrest 3 lanes/Blue/Junior/Crocodile/Bowen/Alan/Jennifer
5:45pm to 6:00pm dry land, 6:00 to 7:00pm Hillcrest 3 lanes/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Friday, Dec 2

4:00pm to 4:30pm Dry land, 4:30 to 6:30pm Templeton/Age/Age+//Kyle
5:45am to 6:00am Dry land, 6:00am to 7:30am VAC/Elite/Senior A/B//Xiaoping/Kyle
4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm Renfrew/Gold/Junior/Xiaoping
4:30pm to 5:00pm dry land 5:00pm to 6:00pm 3lanes Hillcrest/Crocodile/Blue/Gecko/Jennifer/Anchie/Alan

Saturday, Dec 3

6:30am to 6:45am Dry land, 6:45am to 8:45am Templeton
Elite/Senior A/Senior B/Age/Age+//Kyle/Xiaoping
6:45am to 7:00am Dry land, 7:00am to 8:00am Renfrew
Gold/Junior/Senior fitness/Crocodile//Anchie/Alan/Jennifer

Sunday, Dec 4 *6:45am to 7:00am dry land, 7:00 to 9:00am Templeton Elite/Senior A/B, Age/Age+*

8:30am to 9:00am Dry land, 9:00am to 10:00am Templeton Junior/Blue/Crocodile/Alan/Jennifer/Bowen
9:45am to 10:00am Dry land, 10:00am to 11:00am Templeton/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Monday, Dec 5

6:00pm to 6:30pm Dry land, 6:30pm to 8:00pm **Templeton**/Age/Age+//Kyle

5:00pm to 5:30pm Dry land, 5:30pm to 6:30pm 1 lane **Britannia**/Gold/Anchie

Tuesday, Dec 6

4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm **Britannia S-B**//Anchie

4:30pm to 5:00pm dry land, 5:00pm to 7:00pm **Hillcrest** 2 lanes/Elite/ Senior A

4:30pm to 5:00pm dry land, 5:00pm to 6:00pm **Hillcrest** 1 lanes/**Blue**/Jennifer

5:30pm to 6:00pm dry land, 6:00pm to 7:00pm **Hillcrest** 1 lanes/**Gecko B**/Bowen

Wednesday, Dec 7

6:00pm to 6:30pm Dry land, 6:30pm to 8:00pm **Templeton**/Age/Age+//Kyle

5:00pm to 5:30pm Dry land, 5:30pm to 6:30pm 1 lane **Britannia**/Gold/Anchie

3:30pm to 4:00pm Dry land, 4:00pm to 6:00pm **Hillcrest** 3 lanes /Elite/ Senior A

5:30pm to 6:00pm Dry land, 6:00pm to 7:00pm **Hillcrest** 3 lanes/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Thursday, Dec 8

4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm **Britannia S-B**//Anchie

4:30pm to 5:00pm dry land, 5:00pm to 6:00pm **Hillcrest** 3 lanes/Blue/Junior/Crocodile/Bowen/Alan/Jennifer

5:45pm to 6:00pm dry land, 6:00pm to 7:00pm **Hillcrest** 3 lanes/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Friday, Dec 9

Fast Swim 9 to 11 for all qualifiers

4:00pm to 4:30pm Dry land, 4:30 to 6:30pm **Templeton**/Age/Age+//Kyle

5:45am to 6:00am Dry land, 6:00am to 7:30am **VAC**/Elite/Senior A/B//Xiaoping/Kyle

4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm **Renfrew**/Gold/Junior/Xiaoping//

4:30pm to 5:00pm dry land 5:00pm to 6:00pm 3lanes **Hillcrest**/Crocodile/Blue/Gecko/Jennifer/Anchie/Alan

Saturday, Dec 10

Haney LMR/10 to 11 for all qualifiers

6:45am to 7:00am Dry land, 7:00am to 8:00am **Renfrew**

Gold/Junior/Senior fitness/Crocodile//Alan/Jennifer/**Bowen**

Elite/Senior A/B/Age/Age Plus, who do not go to Haney LMR, swim with Alan

Sunday, Dec 11

8:45am to 9:00am Dry land, 9:00am to 10:00am **Templeton** pool Junior/Blue/Crocodile/Alan/Jennifer/Bowen

9:45am to 10:00am Dry land, 10:00am to 11:00am **Templeton**/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Elite/Senior A/B/Age/Age Plus, who do not go to Henny LMR, swim with Alan from 9:45am to 11:00am

Monday, Dec 12 6:00pm to 6:30pm Dry land, 6:30pm to 8:00pm **Templeton**/Age/Age+//Kyle
5:00pm to 5:30pm Dry land, 5:30pm to 6:30pm 1 lane **Britannia**/Gold/Anchie

Tuesday, Dec 13 4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm **Britannia** S-B//Anchie
4:30pm to 5:00pm dry land, 5:00pm to 7:00pm **Hillcrest** 2 lanes/Elite/ Senior A
4:30pm to 5:00pm dry land, 5:00pm to 6:00pm **Hillcrest** 1 lanes/Blue/Jennifer
5:30pm to 6:00pm dry land, 6:00pm to 7:00pm **Hillcrest** 1 lanes/Gecko B/Bowen

Wednesday, Dec 14 6:00pm to 6:30pm Dry land, 6:30pm to 8:00pm **Templeton**/Age/Age+//Kyle
5:00pm to 5:30pm Dry land, 5:30pm to 6:30pm 1 lane **Britannia**/Gold/Anchie
3:30pm to 4:00pm Dry land, 4:00pm to 6:00pm **Hillcrest** 3 lanes /Elite/ Senior A
5:30pm to 6:00pm Dry land, 6:00pm to 7:00pm Hillcrest 3 lanes/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Thursday, Dec 15
4:30pm to 5:00pm Dry land, 5:00pm too 6:30pm **Britannia** S-B//Anchie
4:30pm to 5:00pm dry land, 5:00pm to 6:00pm **Hillcrest** 3 lanes/Blue/Junior/Crocodile/Bowen/Alan/Jennifer
5:45pm to 6:00pm dry land, 6:00pm to 7:00pm **Hillcrest** 3 lanes/Gecko/Gecko B/Gecko C/Alan/Jennifer/Bowen

Friday, Dec 16
4:00pm to 4:30pm Dry land, 4:30 to 6:30pm **Templeton**/Age/Age+//Kyle
5:45am to 6:00am Dry land, 6:00am to 7:30am **VAC**/Elite/Senior A/B//Xiaoping/Kyle
4:30pm to 5:00pm Dry land, 5:00pm to 6:30pm **Renfrew**/Gold/Junior/Xiaoping
4:30pm to 5:00pm dry land 5:00pm to 6:00pm 3lanes **Hillcrest**/Crocodile/Blue/Gecko/Jennifer/Anchie/Alan

Saturday, Dec 17 6:30am to 6:45am Dry land, 6:45am to 8:45am **Templeton**
Elite/Senior A/Senior B/Age/Age+//Kyle/Xiaoping
6:45am to 7:00am Dry land, 7:00am to 8:00am **Renfrew**
Gold/Junior/Senior fitness/Crocodile//Anchie/Alan/Jennifer

Sunday, Dec 18 **Club Christmas Party from 6:00pm to 9:00pm at Killarney Community Center**
NO SWIM

Monday, Dec 19 **Normal practice resume**

Hillcrest pool: 4575 Clancy Loranger Way, Vancouver

Britannia pool: 1661 Napier St, Vancouver **Templeton Pool:** 700 Templeton street, Vancouver