

Provided below is the **tentative** schedule for the 2009-2010 season

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gold I	5:30-7:30am UTM	OFF	5:30-7:30am UTM		5:30-7:30am UTM	8:00-10:00am UTM	OFF
	3:30-6:30pm UTM	3:30-6:00pm UTM	4:00-5:30pm Dryland only UTM	3:30-6:00pm UTM	3:30-6:00pm UTM	OFF	OFF
Silver I	5:30-7:00am UTM	OFF	5:30-7:00am UTM	OFF	5:30-7:00am UTM	8:00-10:00am UTM	OFF
	4:30-6:00pm Cawthra	4:00-5:30pm UTM	OFF	4:00-5:30pm UTM	OFF	OFF	OFF
Bronze I	OFF	OFF	OFF	OFF	OFF	6:00-8:00am UTM	OFF
	5:00-6:30pm Clarkson	5:00-6:30pm Meadowvale	4:30-6:00 pm Clarkson	5:00-6:30pm Meadowvale	4:30-6:00pm Clarkson	OFF	OFF
Gold II	OFF	5:30-7:00am UTM	OFF	OFF	5:30-7:00am UTM	6:30-8:00am Erin Meadows	OFF
	3:30-5pm UTM	5:30-7:00pm UTM	5:00-6:30pm Glenforest	5:30-7:00pm UTM	OFF	OFF	OFF
Silver II	OFF	OFF	OFF	OFF	OFF	6:30-8:00am Cawthra	OFF
	5:00-6:30pm Terry Fox	5:30-7:30pm Huron Park	5:00-6:30pm Terry Fox	4:30-6:30pm Huron Park	OFF	OFF	OFF
Bronze II	6:00-7:30pm Cawthra	6:30-8:00pm Glenforest	OFF	6:30-8:00pm Glenforest	6:00-7:30pm Cawthra	6:00-8:00am UTM	OFF
Silver III	OFF	5:00-6:30pm Glenforest	OFF	5:00-6:30pm Glenforest	4:30-6:00pm Cawthra	7:30-9am Clarkson	OFF

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bronze III	6:30-8:00pm Clarkson	6:30-8:00pm Meadowvale	OFF	6:30-8:00pm Meadowvale	6:00-7:30pm Clarkson	6:00-8:00am UTM	OFF
Wave 3 TF/CW	7:30-8:30pm Cawthra	OFF	6:30-7:30pm Terry Fox	OFF	7:30-8:30pm Cawthra	OFF	OFF
Wave 3 CL	OFF	OFF	7:00-8:00pm Clarkson	OFF	7:30-8:30pm Clarkson	3:45-4:45pm Clarkson	OFF
Wave 3 HP	OFF	4:30-5:30pm Huron Park	4:30-5:30pm Huron Park	OFF	4:30-5:30pm Huron Park	OFF	OFF

Note:

- Dry land training will be confirmed by your coach in September.
- Group sizes are limited to ensure an adequate ratio of swimmers per lane and coaches per swimmer.