

High competitive	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite Pool hrs: 14.5 hrs Dry land: 3.75hrs \$/month \$	<u>Killarney</u> Dryl: 3:30-4:00pm Pool: 4:00-6:00pm	<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>VAC</u> Dryl: 5:00-6:00pm Pool: 6:00-7:00pm	<u>Killarney</u> Dyl: 5:45 - 6:15am Pool: 6:15-7:30am <u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>Templeton</u> Dryl: 4:00-4:30pm Pool: 4:30-6:30pm	<u>Templeton</u> Dryl: 6:45-7:00am Pool: 7:00am -9am	
Elite B 12 hrs 2.75hrs \$	<u>Killarney</u> Dryl: 3:30-4:00pm Pool: 4:00-6:00pm	<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>VAC</u> Dryl: 5:00-6:00pm Pool: 6:00-7:00pm	<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>Templeton</u> Dryl: 4:00-4:30pm Pool: 4:30-6:30pm	<u>Templeton</u> Dryl: 6:45-7:00am Pool: 7:00am -9am	
Senior A 10 hrs 2.25 hrs \$	<u>Killarney</u> Dryl: 3:30-4:00pm Pool: 4:00-6:00pm	<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>VAC</u> Dryl: 5:00-6:00pm Pool: 6:00-7:00pm		<u>Templeton</u> Dryl: 4:00-4:30pm Pool: 4:30-6:30pm	<u>Templeton</u> Dryl: 6:45-7:00am Pool: 7:00am -9am	
Competitive	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
Senior B 8 hrs 1.75 hrs \$	<u>Killarney</u> Dryl: 3:30-4:00pm Pool: 4:00-6:00pm	<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm			<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>Templeton</u> Dryl: 6:45-7:00am Pool: 7:00am -9am	
Age 7.5 hrs BO 1.75 hrs \$	<u>Templeton</u> Dryl: 6:00-6:30pm Pool: 6:30-8:00pm		<u>Templeton</u> Dryl: 4:30-5:00pm Pool: 5:00-6:30pm		<u>Killarney</u> Dryl: 5:00-5:30pm Pool: 5:30-7:30pm	<u>Templeton</u> Dryl: 6:45-7:00am Pool: 7:00am -9am	
Junior 4.5 hrs Alex 1 hour \$	<u>Killarney</u> Dryl: 5:45-6:00pm Pool: 6:00-7:00pm		<u>Killarney</u> Dryl: 5:15-5:30pm Pool: 5:30-6:30pm		<u>Renfrew</u> Dryl: 4:45-5:00pm Pool: 5:00-6:30pm	<u>Templeton</u> Dryl: 7:45-8:00am Pool: 8:00-9:00am	
Development	Monday	Tuesday	Wednesday/	Thursday	Friday	Saturday	Sunday
Crocodile 3 hrs BO 0.75 hrs \$	<u>Killarney</u> Dryl: 5:45-6:00pm Pool: 6:00-7:00pm		<u>Killarney</u> Dryl: 5:15-5:30pm Pool: 5:30-6:30pm	<u>Killarney</u> Dryl: 6:15-6:30pm Pool: 6:30-7:30pm			
Gold 3 hrs Kyle 0.75 hrs \$	<u>Killarney</u> Dryl: 5:45-6:00pm Pool: 6:00-7:00pm		<u>Killarney</u> Dryl: 6:15-6:30pm Pool: 6:30-7:30pm			<u>Templeton</u> Dryl: 6:45-7:00am Pool: 7:00am-8am	
Blue 3 hr Kyle 0.75 hrs \$	<u>Killarney</u> Dryl: 6:45-7:00pm Pool: 7:00-8:00pm		<u>Killarney</u> Dryl: 6:15-6:30pm Pool: 6:30-7:30pm				<u>Killarney</u> Dryl: 7:45-8:00am Pool: 8:00-9:00am
Gecko 3 hrs Alex 0.75 hrs \$	<u>Killarney</u> Dryl: 6:45 - 7:00pm Pool: 7:00 8:00pm		<u>Killarney</u> Dryl: 6:15-6:30pm Pool: 6:30-7:30pm				<u>Killarney</u> Dryl: 7:45-8:00am Pool: 8:00-9:00am
Gecko B 3 hrs BO 0.75 hrs \$	<u>Killarney</u> Dryl: 6:45 -7:00pm Pool: 7:00 -8:00pm			<u>Killarney</u> Dryl: 5:15-5:30pm Pool: 5:30-6:30pm			<u>Killarney</u> Dryl: 7:45-8:00am Pool: 8:00-9:00am
J-Fitness 2.0 hrs Alex Junior 0.5 hrs Fitness \$			<u>Killarney</u> Dryl: 5:15-5:30pm Pool: 5:30-6:30pm		<u>Renfrew</u> Dryl: 4:45-5:00pm Pool: 5:00-6:30pm		
<ul style="list-style-type: none"> Note: The practice starts from Sep 13, 2010. Christmas and Spring Break may be scheduled if more pool space is available. 							
				Schedule will be changed by Jan, 2011 if we got Hillcrest pool time VAC Vancouver Aquatic Center 1050 Brach Ave 604-665-3412			

Killarney:

Killarney Community Pool

6260 Killarney Community Center

Tel. 604-718-8201

Templeton:

Templeton Park Pool

700 Templeton Street, Vancouver, BC

Tel. 604-718-6252

Renfrew:

Renfrew Pool

2929 East 22nd Renfrew A

Tel: 604-257-8393

Registration:

Shirley Li 604-783-0990 or Faye Wu 778-668-3152

Head coach:

Xiaoping Lu Tel: 604-789-2819

NB ADDITIONAL FEES AND CHARGES:

Volunteer deposits → the club is operated by parent volunteers ... everyone is expected to give time to the club to help it run.

Fundraising deposits → fundraising is a fact of life and is used to keep fees down ... everyone is expected to participate.

Club membership fees → administration fees to offset photocopying, etc. Swim BC membership fees → Membership to Swim BC ... includes insurance for the swimmer.