

Killarney Gators Swim Club

Training Schedule for 2011-2012 Swimming Season

Feb 7/2012

| High competitive | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------|---|---|---|---|---|---|---|
| Elite | Xiaoping | <u>Killarney</u> Dry: 3:30-4:00pm Pool: 4:00-6:00pm | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | <u>Templeton</u> Dry: 4:00-4:30pm Pool: 4:30-6:30pm | <u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am -9am | <u>Templeton</u> 10:30am-12:30pm |
| Senior A | Xiaoping | <u>Killarney</u> Dry: 3:30-4:00pm Pool: 4:00-6:00pm | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | | | <u>Templeton</u> Dry: 4:00-4:30pm Pool: 4:30-6:30pm | <u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am -9am | <u>Templeton</u> 10:30am-12:30pm |
| Competitive | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Saturday |
| Senior B | Xiaoping | <u>Killarney</u> Dry: 3:30-4:00pm Pool: 4:00-6:00pm | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | | | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | <u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am -9am | |
| Age | Petya | <u>Templeton</u> Dry: 6:00-6:30pm Pool: 6:30-8:00pm | | <u>Templeton</u> Dry: 4:30-5:00pm Pool: 5:00-6:30pm | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | <u>Killarney</u> Dry: 5:00-5:30pm Pool: 5:30-7:30pm | <u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am -9am | |
| Junior | Alex | <u>Killarney</u> Dry: 5:45-6:00pm Pool: 6:00-7:00pm | | <u>Killarney</u> Dry: 5:15-5:30pm Pool: 5:30-6:30pm | | <u>Renfrew</u> Dry: 4:45-5:00pm Pool: 5:00-6:30pm | <u>Templeton</u> Dry: 7:45-8:00am Pool: 8:00-9:00am | |
| Development | | Monday | Tuesday | Wednesday/ | Thursday | Friday | Saturday | Sunday |
| Crocodile | Kyle | <u>Killarney</u> Dry: 5:45-6:00pm Pool: 6:00-7:00pm | | <u>Killarney</u> Dry: 5:15-5:30pm Pool: 5:30-6:30pm | <u>Killarney</u> Dry: 6:15-6:30pm Pool: 6:30-7:30pm | | | |
| Gold | Leonard | <u>Killarney</u> Dry: 5:45-6:00pm Pool: 6:00-7:00pm | | <u>Killarney</u> Dry: 5:15-5:30pm Pool: 5:30-6:30pm | | | <u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am-8am | |
| Blue | Kyle | <u>Killarney</u> Dry: 6:45-7:00pm Pool: 7:00-8:00pm | | <u>Killarney</u> Dry: 6:15-6:30pm Pool: 6:30-7:30pm | | | | <u>Killarney</u> Dry: 7:45-8:00am Pool: 8:00-9:00am |
| Gecko | Alex | <u>Killarney</u> Dry: 6:45 - 7:00pm Pool: 7:00 8:00pm | | <u>Killarney</u> Dry: 6:15-6:30pm Pool: 6:30-7:30pm | | | | <u>Killarney</u> Dry: 7:45-8:00am Pool: 8:00-9:00am |
| Gecko B | Leonard | <u>Killarney</u> Dry: 6:45 -7:00pm Pool: 7:00 -8:00pm | | | <u>Killarney</u> Dry: 5:15-5:30pm Pool: 5:30-6:30pm | | | <u>Killarney</u> Dry: 7:45-8:00am Pool: 8:00-9:00am |
| Gecko C | Natalie/Tracy | <u>Killarney</u> Dry: 6:45 -7:00pm Pool: 7:00 -8:00pm | | | | | | <u>Killarney</u> Dry: 7:45-8:00am Pool: 8:00-9:00am |
| Jn fitness | Alex | Gecko C | | <u>Killarney</u> Dry: 5:15-5:30pm Pool: 5:30-6:30pm | | <u>Renfrew</u> Dry: 4:45-5:00pm Pool: 5:00-6:30pm | | Gecko C |
| <ul style="list-style-type: none"> Note: The practice schedule starts from Sep 12, 2011. Christmas and Spring Break may be rescheduled if more pool space is available. | | | | | | | | |

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

VAC

Vancouver Aquatic Center

1050 Breach Ave

Tel: 604-665-3412

Registration:

Sanlly Ng: 604-568-5683 email: sanllyliangng@hotmail.com or Michael Li 778-855-5996 email: changze@yahoo.com

Head coach:

Xiaoping Lu Tel: 604-789-2819 gatorsswimclub@shaw.ca