

High competitive	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Elite</b> Dry land: 3.75hrs Pool hrs: 14.5 hrs	<u>Templeton</u> Dry: 6:00-6:30pm Pool: 6:30-8:00pm	<u>VAC</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm		<u>VAC(except 15 Dec)</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm	<u>VAC (except 2 Dec)</u> Dry: 5:30-6:00pm Pool: 6:00-7:00pm	<u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am –9am	<u>Templeton</u> Dry:10:30-11:00am Pool:11:00am–1pm
<b>Elite B</b> Dry land: 2.75hrs Pool hrs: 12 hrs	<u>Templeton</u> Dry: 6:00-6:30pm Pool: 6:30-8:00pm	<u>VAC</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm		<u>VAC(except 15 Dec)</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm	<u>VAC (except 2 Dec)</u> Dry: 5:30-6:00pm Pool: 6:00-7:00pm	<u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am –9am	<u>Templeton</u> Dry:10:30-11:00am Pool:11:00am–1pm
<b>Senior A</b> Dry land: 2.25 hrs Pool hrs: 10 hrs		<u>VAC</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm		<u>VAC(except 15 Dec)</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm	<u>VAC (except 2 Dec)</u> Dry: 5:30-6:00pm Pool: 6:00-7:00pm	<u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am –9am	<u>Templeton</u> Dry:10:30-11:00am Pool:11:00am–1pm
Competitive	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
<b>Senior B</b> Dry land: 1.75 hrs Pool hrs: 8 hrs	<u>Templeton</u> Dry: 6:00-6:30pm Pool: 6:30-8:00pm	<u>VAC</u> Dry: 5:45-6:00pm Pool: 6:00-8:00pm				<u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am –9am	<u>Templeton</u> Dry:10:30-11:00am Pool:11:00am–1pm
<b>Age</b> Dry land: 1.75 hrs Pool hrs: 7.5 hrs	<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>Templeton</u> Dry: 4:00-4:30pm Pool: 4:30-6:30pm	<u>Templeton</u> Dry: 6:45-7:00am Pool: 7:00am –9am	
<b>Junior</b> Dry land: 1 hour Pool hrs: 4.5 hrs			<u>Templeton</u> Dry: 4:30-5:00pm Pool: 5:00-6:30pm		<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	<u>Templeton</u> Dry:10:45-11:00am Pool:11:am–12pm
Development	Monday	Tuesday	Wednesday/	Thursday	Friday	Saturday	Sunday
<b>Crocodile</b> Dry land: 0.75 hrs Pool hrs: 3 hrs					<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	<u>Templeton</u> Dry:10:45-11:00am Pool:11:am–12pm
<b>Gold</b> Dry land: 0.75 hrs Pool hrs: 3 hrs					<u>Templeton</u> Dry: 7:30-8:00pm Pool: 8:00-9:30pm	<u>Templeton</u> Dry: 7:45-8:00am Pool: 8:00-9:00am	<u>Templeton</u> Dry:10:45-11:00am Pool:11:am–12pm
<b>Blue</b> Dry land: 0.75 hrs Pool hrs: 3 hrs					<u>Templeton</u> Dry: 7:30-8:00pm Pool: 8:00-9:30pm	<u>Templeton</u> Dry: 7:45-8:00am Pool: 8:00-9:00am	<u>Templeton</u> Dry:11:45-12:00pm Pool:12:00–1:00pm
<b>Gecko</b> Dry land: 0.75 hrs Pool hrs: 3 hrs					<u>Templeton</u> Dry: 7:30-8:00pm Pool: 8:00-9:30pm	<u>Templeton</u> Dry: 7:45-8:00am Pool: 8:00-9:00am	<u>Templeton</u> Dry:10:45-11:00am Pool:11:am–12pm
<b>Gecko B</b> Dry land: 0.75 hrs Pool hrs: 3 hrs					<u>Templeton</u> Dry: 7:30-8:00pm Pool: 8:00-9:30pm	<u>Templeton</u> Dry: 7:45-8:00am Pool: 8:00-9:00am	<u>Templeton</u> Dry:11:45-12:00pm Pool:12:00–1:00pm
<b>Gecko C</b> Dry land: 0.5 hrs Pool hrs: 2 hrs					<u>Templeton</u> Dry: 7:30-8:00pm Pool: 8:00-9:30pm		<u>Templeton</u> Dry:11:45-12:00pm Pool:12:00–1:00pm

- 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 22<sup>nd</sup> 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](mailto:sanllyliangng@hotmail.com) or Michael Li email: [changze@yahoo.com](mailto:changze@yahoo.com)  
 Head coach: Xiaoping Lu Tel: 604-789-2819 [gatorsswimclub@shaw.ca](mailto:gatorsswimclub@shaw.ca)

**NB ADDITIONAL Notes:**

(ON the exception 15 Dec) Senior A and Elite: Dry 6:00-6:30, Pool 6:30-8:00 at VAC with Xiaoping/Petya