

Squad Timetable

Venues:

- Swim sessions at Scarborough Beach Pool
- P.T. at Scarborough SLSC Gymnasium lower beach level.
- Monitor session in Scarborough SLSC Training Room, adjacent to Gym.

DOLPHINS SILVER **May attend Dolphins Gold sessions during winter season (max 3 sessions / wk)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						9:00-10:00 (Madi)
PM		4:15-5:15 (Madi)		4:15-5:15 (Madi)		

DOLPHINS GOLD **May attend Dolphins Silver sessions during winter season (max 3 sessions / wk)

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
PM	4:15-5:15 (Madi)		4:15-5:15 (Madi)		4:15-5:15 (Madi)

JUNIOR DEVELOPMENT

	Monday	Tuesday	Wednesday	Thursday	Friday
AM					
PM	4:15-5:15 (Karen)	4:15-5:15 (Karen)	4:15-5:15 (Karen)	4:15-5:15 (Karen)	4:15-5:15 (Karen)

JUNIOR STATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						7:00–9:00 (Lenny)
PM	Land 4:45-5:15 Swim 5:15–6:45 (Karen)	Land 4:45-5:15 Swim 5:15–6:45 (Karen)	Land 4:45-5:15 Swim 5:15–6:45 (Karen)	Land 4:45-5:15 Swim 5:15–6:45 (Karen)	Land 4:45-5:15 Swim 5:15–6:45 (Karen)	

JUNIOR PERFORMANCE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:30 (Cam)		5:30-7:30 (Cam)	P.T. 5:00-6:00 (Allie) Swim 6:00-7:30 (Cam)	7:00-9:00 (Lenny)
PM	Land 4:45-5:15 Swim 5:15-7:15 (Lenny)		Land 4:45-5:15 Swim 5:15-6:45 (Karen)		Land 4:45-5:15 Swim 5:15-7:15 (Lenny)	

STATE AGE (Max 5 sessions / week)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 (Lenny)		5:30-7:00 (Lenny)		5:30-7:00 (Lenny)	9:00-10:30 (Madi)
PM		5:15-6:45 (Madi)		5:15-6:45 (Karen)		

ADULT & SURF (Attend your nominated sessions only – Max 3 sessions / week)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:00 (Lenny)		5:30-7:00 (Lenny)		5:30-7:00 (Lenny)	9:00-10:30 (Madi)
PM		5:15-6:45 (Madi)		5:15-6:45 (Karen)		

NATIONAL AGE / OPEN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:30 (Cam)	5:30-7:30 (Cam)		5:30-7:30 (Cam)	P.T. 5:00-6:00 (Allie) Swim 6:00-7:30 (Cam)	7:00-9:00 (Cam)
PM	4:30 - 6:30 (Cam)	Monitor 4:15-5:00 (Cam) P.T. 5:00-6:00 (Allie)	4:30 - 6:30 (Cam)		4:30 - 6:30 (Cam)	