

Summer Timetable 2021

DOLPHINS BRONZE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|--------|---------------------|-----------|---------------------|--------|----------|
| AM | | 7:00-7:45 (Madi) | | 7:00-7:45 (Madi) | | |
| PM | | | | | | |

DOLPHINS SILVER

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|--------|------------------------|-----------|------------------------|--------|---------------------|
| AM | | | | | | 7:45-8:30 (Madi) |
| PM | | 4:15-5:00 (Shannon) | | 4:15-5:00 (Shannon) | | |

DOLPHINS GOLD

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|------------------------|---------|------------------------|----------|------------------------|----------|
| AM | | | | | | |
| PM | 4:15-5:00 (Shannon) | | 4:15-5:00 (Shannon) | | 4:15-5:00 (Shannon) | |

Summer Timetable 2021

JUNIOR DEVELOPMENT

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---------------------|------------------------|---------------------|------------------------|---------------------|----------|
| AM | | | | | | |
| PM | 4:15-5:15 (Drew) | 5:00-6:00 (Shannon) | 4:15-5:15 (Drew) | 5:00-6:00 (Shannon) | 4:15-5:15 (Drew) | |

JUNIOR STATE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---------------------|---------------------|---------------------|---------------------|---------------------|----------|
| AM | | | | | | |
| PM | 5:15-6:45 (Drew) | 4:15-5:45 (Drew) | 5:15-6:45 (Drew) | 4:15-5:45 (Drew) | 5:15-6:45 (Drew) | |

JUNIOR PERFORMANCE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---------------------|---------------------|---------------------|---------------------|---|--|
| AM | | | 5:30-7:30 (Drew) | | Gym 5:00-6:00 (Allie) Scarboro SLSC Gym Swim 6:00-7:30 (Drew) | Run 5:30-6:30 Swim 6:30-8:30 (Cam / Drew / Shannon) |
| PM | 5:15-6:45 (Drew) | 4:15-5:45 (Drew) | | 4:15-5:45 (Drew) | 5:15-6:45 (Drew) | |

Summer Timetable 2021

NATIONAL DEVELOPMENT

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|--------------------|---|------------------------|------------------------|--|--|
| AM | | 5:30-7:30 (Shannon) | 5:30-7:30 (Shannon) | 5:30-7:30 (Shannon) | Gym 5:00-6:00 (Allie) Scarboro SLSC Gym Swim 6:00-7:30 (Shannon) | Run 5:30-6:30 Swim 6:30-8:30 (Cam / Drew / Shannon) |
| PM | 5-7pm (Shannon) | Gym 4:15-5:15 (Cam/Allie) Scarboro SLSC Gym | 5-7pm (Shannon) | | 5-7pm (Shannon) | |

NATIONAL PERFORMANCE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|---|---|---|---|---|--|
| AM | 5:30 -7:30 (Cam) | 5:30-7:30 (Cam) | | 5:30-7:30 (Cam) | 5:30-7:30 (Cam) | Gym 5:30-6:30 (Sarah) Scarboro SLSC Gym Swim 6:30-8:30 (Cam / Drew / Shannon) |
| PM | Land 4-4:30 Swim 4:30-6:30 (Cam) Churchlands | Gym 4:15-5:15 (Cam/Allie) Scarboro SLSC Gym | Land 4-4:30 Swim 4:30-6:30 (Cam) Churchlands | Gym 4:15-5:15 (Sarah) Scarboro SLSC Gym | Land 4-4:30 Swim 4:30-6:30 (Cam) Churchlands | |



Summer Timetable 2021

FITNESS & SURF

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|--------|---------------------|-----------|---------------------|--------|-------------------|
| AM | | | | | | 8:30-10 (Madi) |
| PM | | 5:45-7:15 (Drew) | | 5:45-7:15 (Drew) | | |

COMPETITIVE FITNESS & SURF

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|-------------------|---------|-------------------|----------|-------------------|----------|
| AM | 5:30-7:00 (AJ) | | 5:30-7:00 (AJ) | | 5:30-7:00 (AJ) | |
| PM | | | | | | |