

VPSC Group Schedule

2010/11

Age Group National

Monday	4:00 - 6:30 PM	UBC
Tuesday	5:30 - 7:20 AM	UBC
	4:00 - 6:30 PM	UBC
Wednesday	4:30 - 6:30 PM	UBC
Thursday	5:30 - 7:20 AM	UBC
	4:00 - 6:30 PM	UBC
Friday	5:45 - 7:30 AM	UBC
	4:00 - 6:30 PM	UBC
Saturday	5:45 - 8:00 AM	UBC

Friday morning is for select Senior stream swimmers only

Gold Dolphins

Monday	5:00 - 7:00 PM	UBC
Tuesday	4:30 - 7:00 PM	UBC
Wednesday	6:00 - 8:00 PM	UBC
Thursday	4:30 - 7:00 PM	UBC
Friday	5:45 - 7:30 AM	LBP
	4:00 - 6:30 PM	UBC
Saturday	5:45 - 8:00 AM	UBC

Friday PM practice is by invitation based on attendance and performance

Age Group Provincial

Monday	5:15 - 7:00 PM	LBP
Tuesday	5:30 - 7:20 AM	UBC
	4:30 - 7:00 PM	UBC
Wednesday	5:30 - 7:15 AM	UBC
Thursday	4:30 - 7:00 PM	UBC
Friday	4:00 - 6:00 PM	LBP
Saturday	5:45 - 8:00 AM	UBC

Tuesday AM practice is by invitation based on attendance and performance

Silver Dolphins

Monday	5:45 - 7:30 AM	LBP
Tuesday	4:30 - 7:00 PM	UBC
Wednesday	5:15 - 7:00 PM	LBP
Thursday	4:30 - 7:00 PM	UBC
Friday	4:00 - 6:00 PM	LBP
Saturday	5:45 - 8:00 AM	UBC

Bronze Dolphins

Tuesday	6:45 - 8:00 PM	StG
Wednesday	5:45 - 7:30 AM	LBP
Thursday	6:45 - 8:00 PM	StG
Friday	6:00 - 8:00 PM	UBC
Saturday	7:15 - 9:00 AM	LBP

Stroke Development & Conditioning

Sunday	4:45-6:30 PM	UBC
Tuesday	4:15 - 5:30 PM	UBC
Thursday	4:15 - 5:30 PM	UBC
Saturday	7:15 - 9:00 AM	LBP

Saturday morning is only for swimmers that plan on being competitive

Blue Dolphins

Sunday	4:30 - 6:30 PM	UBC
Monday	3:45 - 5:30 PM	LBP
Tuesday	4:30 - 6:00 PM	LBP
Wednesday	3:45 - 5:30 PM	LBP
Thursday	4:30 - 6:00 PM	LBP

Red Dolphins

Monday	4:30-6:00 PM	LBP
Tuesday	5:45-7:00 PM	LBP
Wednesday	4:30-6:00 PM	LBP
Thursday	5:45-7:00 PM	LBP

White Dolphins

Tuesday	6:45-8:00 PM	StG
Thursday	6:45-8:00 PM	StG
Saturday	7:45 - 9:00 AM	LBP

Green Dolphins

Tuesday	5:50 - 7:00 PM	StG
Thursday	5:50 - 7:00 PM	StG
Saturday	7:45 - 9:00 AM	LBP

Junior Dolphins

Tuesday	5:50-7:00 PM	StG
Thursday	5:50-7:00 PM	StG

VPSC Group Schedule

Revised Schedule for September 6th - October 8th, 2010

Age Group National

Monday	5:00 - 7:00 PM	UBC
Tuesday	5:30 - 7:20 AM	UBC
	4:30 - 7:00 PM	UBC
Wednesday	4:30 - 6:30 PM	UBC
Thursday	5:30 - 7:20 AM	UBC
	4:30 - 7:00 PM	UBC
Friday	5:45 - 7:30 AM	UBC
	4:00 - 6:30 PM	UBC
Saturday	5:45 - 8:00 AM	UBC

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Gold Dolphins

Monday	5:00 - 7:00 PM	UBC
Tuesday	4:30 - 7:00 PM	UBC
Wednesday	6:00 - 8:00 PM	UBC
Thursday	4:30 - 7:00 PM	UBC
Friday	5:45 - 7:30 AM	LBP
	4:00 - 6:30 PM	UBC
Saturday	5:45 - 8:00 AM	UBC

Friday PM practice is by invitation based on attendance and performance

Age Group Provincial

Monday	5:15 - 7:00 PM	LBP
Tuesday	5:30 - 7:20 AM	UBC
	4:30 - 7:00 PM	UBC
Wednesday	5:30 - 7:15 AM	UBC
Thursday	4:30 - 7:00 PM	UBC
Friday	4:00 - 6:00 PM	LBP
Saturday	5:45 - 8:00 AM	UBC

Tuesday AM practice is by invitation based on attendance and performance

Silver Dolphins

Monday	5:45 - 7:30 AM	LBP
Tuesday	4:30 - 7:00 PM	UBC
Wednesday	5:15 - 7:00 PM	LBP
Thursday	4:30 - 7:00 PM	UBC
Friday	4:00 - 6:00 PM	LBP
Saturday	5:45 - 8:00 AM	UBC

Bronze Dolphins

Tuesday	6:45 - 8:00 PM	StG
Wednesday	5:45 - 7:30 AM	LBP
Thursday	6:45 - 8:00 PM	StG
Friday	6:00 - 8:00 PM	UBC
Saturday	7:15 - 9:00 AM	LBP

Stroke Development & Conditioning

Sunday	4:45-6:30 PM	UBC
Tuesday	5:15 - 6:30 PM	UBC
Thursday	5:15 - 6:30 PM	UBC
Saturday	7:15 - 9:00 AM	LBP

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Wednesday	3:45 - 5:30 PM	LBP
Thursday	4:30 - 6:00 PM	LBP

Red Dolphins

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Tuesday	5:45-7:00 PM	LBP
Wednesday	4:30-6:00 PM	LBP
Thursday	5:45-7:00 PM	LBP

White Dolphins

Tuesday	6:45-8:00 PM	StG
Thursday	6:45-8:00 PM	StG
Saturday	7:45 - 9:00 AM	LBP

Green Dolphins

Tuesday	5:50 - 7:00 PM	StG
Thursday	5:50 - 7:00 PM	StG
Saturday	7:45 - 9:00 AM	LBP

Junior Dolphins

Tuesday	5:50-7:00 PM	StG
Thursday	5:50-7:00 PM	StG