



2022-2023 SCHEDULE (Sep 9th. 2022)

This is the overall practice schedule, however, as you know, there are some pool closures, reduction of lanes and different circumstances that could affect this schedule. Coaches will inform swimmers and parents about changes throughout the season. Thanks for your understanding.

GROUP	PRACTICE DAY	TIME	LOCATION	STARTING ON:
BLUE Coache: Jessica Mundy	Wednesday	7:30-8:30 PM	Carleton U TBC	September 14th.
	Saturday	5:45-7:00 PM	Minto Sportsplex	September 10th.
	Sunday	7:30-8:30 AM	Richcraft Sportsplex	October 16th.
BLUE ADVANCED Coache: Max Nozin	Wednesday	7:30-8:45 PM	Carleton U	September 14th.
	Saturday	5:45-7:00 PM	Minto Sportsplex	September 10th.
	Sunday	7:30-8:30 AM	Richcraft Sportsplex	October 16th.
RED Coach: Norma Perez	Monday	6:00-7:30 AM	Sawmill Creek	September 26th.
	Wednesday	6:00-7:30 AM	Carleton U	September 14th.
	Saturday	9:30-10:45 AM	Nepean Sportsplex Main Pool (shallow end)	October 1st.
	Sunday	6:00-7:20 AM	Richcraft Sportsplex	October 16th.
RED ADVANCED Coach: Norma Perez	Monday	6:00-7:30 AM	Sawmill Creek	September 26th.
	Tuesday	5:45-7:30 AM	Nepean Sportsplex (Small Pool)	September 27th.
	Wednesday	6:00-7:30 AM	Carleton U	September 14th.
	Friday	5:45-7:15 AM	Minto Sportsplex	September 9th.
	Friday	7:00-8:00 PM	* Greco Fitness	September 9th.
	Saturday	6:00-8:00 AM	Minto Sportsplex	September 10th.
	Sunday	6:00-7:20 AM	Richcraft Sportsplex	October 16th.
ELITE Coach: Boyko Antonov	Monday	6:00-7:30 AM	Sawmill Creek	September 26th.
	Monday	7:00-8:00 PM	* Greco Fitness	September 12th.
	Wednesday	6:00 - 7:30 AM	Carleton University	September 14th.
	Wednesday	7:30 - 8:45 PM	Carleton U	September 14th.
	Thursday	5:45-7:30 AM	Nepean Sportsplex (Small Pool)	September 29th.
	Friday	5:45-7:15 AM	Minto Sportsplex	September 9th.
	Friday	7:00-8:00 PM	* Greco Fitness	September 9th.
	Saturday	6:00-8:00 AM	Minto Sportsplex	September 10th.
	Sunday	6:15-8:15 AM	Sawmill Creek	October 2nd.

*** Greco Fitness address: 3054 Woodroffe Ave, Nepean, ON K2J 4G3