

AAC Water Training Schedule 2009-2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNINGS	5:05-7:30AM: -National -Junior National -Senior	5:05-7:30AM: -Provincial -Regional -Junior	5:05-7:30AM: -National -Junior National -Senior	5:05-7:30AM: -Provincial -Regional -Junior	5:05-7:30AM: -National -Junior National -Senior	5:45-9:00AM: -Regional -Junior 6:45-9:00AM: -Intro	6:45-10:00AM @UT: -National -Junior National -Senior -Provincial -Regional 5:45-8:00AM @ACC: -Intro
AFTERNOONS	3:30-6:00PM: -National -Junior National -Senior 6:30-8:00PM: -Novice	3:30-5:30PM: -National -Junior National -Provincial	3:30-6:00PM: -National -Provincial -Intro	3:30-5:30PM: -National -Regional -Junior	3:30-6:00PM: -National -Junior National -Provincial 6:30-8:00PM: -Novice	4:00-5:30PM: -I Can Swim	
STRENGTH	6:00-7:00PM: -National	4:30-5:30PM: -Senior 5:30-6:30PM: -Junior National	6:00-7:00PM: -National	4:30-5:30PM: -Senior 5:30-6:30PM: -Junior National	6:00-7:00PM: -National		