



# Catalina Schedule 2023/2024



Standard Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Elite		<u>Act</u> 5:45-6:00 <u>Swim</u> 6:00-8:00		<u>Act</u> 5:45-6:00 <u>Swim</u> 6:00-8:00		<u>Act</u> 6:45-7:00 <u>Swim</u> 7:00-8:30 <b>360</b> 9:00-10:00	
	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:30 <b>360</b> 5:00-6:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <b>Gym</b> 5:00-6:00	<u>Act</u> 2:45-3:00 <u>Swim</u> 3:00-5:00 <b>Aero Phase</b>
Performance		<u>Act</u> 5:45-6:00 <u>Swim</u> 6:00-8:00		<u>Act</u> 5:45-6:00 <u>Swim</u> 6:00-8:00		<u>Act</u> 6:45-7:00 <u>Swim</u> 7:00-8:30 <b>360</b> 9:00-10:00	
	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:15 <u>PC</u> 4:15-4:30	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:30 <b>Dry</b> 4:30-5:30	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	<u>Act</u> 2:30-2:45 <u>Swim</u> 2:45-4:30 <b>Gym</b> 5:00-6:00	
Prospect			<u>Act</u> 5:45-6:00 <u>Swim</u> 6:00-7:30			<u>Act</u> 8:15-8:30 <u>Sw</u> 8:30-10:30	
	<b>Gym</b> 4:45-5:45 <u>Swim</u> 5:45-7:15	<u>Act</u> 4:15-4:30 <u>Swim</u> 4:30-6:00	<b>Dry</b> 4:45-5:30 <u>Swim</u> 5:30-6:30	<u>Act</u> 4:30-4:45 <u>Swim</u> 4:45-6:30 <u>PC</u> 6:30-6:45	<u>Act</u> 4:30-4:45 <u>Swim</u> 4:45-6:45		
Provincial			<u>Act</u> 5:45-6:00 <u>Swim</u> 6:00-7:30			<u>Act</u> 8:15-8:30 <u>Sw</u> 8:30-10:00 <u>PC</u> 10:00-10:15	
	<b>Gym</b> 4:45-5:45 <u>Swim</u> 6:00-7:15	<u>Act</u> 4:15-4:30 <u>Swim</u> 4:30-6:00		<u>Act</u> 4:30-4:45 <u>Swim</u> 4:45-6:00 <u>PC</u> 6:00-6:15	<u>Act</u> 5:00-5:15 <u>Swim</u> 5:15-6:45		
Development	<u>Act</u> 4:00-4:15 <u>Swim</u> 4:15-5:15 <b>Dry</b> 5:15-5:45	<u>Act</u> 5:15-5:30 <u>Swim</u> 5:30-7:00		<u>Act</u> 4:30-4:45 <u>Swim</u> 4:45-5:45 <b>Dry</b> 5:45-6:15	<u>Act</u> 4:15-4:30 <u>Swim</u> 4:30-6:00	<b>Dry</b> 3:30-4:00 <u>Swim</u> 4:00-5:00	
		<b>Dry</b> 5:30-6:00 <u>Swim</u> 6:00-7:00		<u>Act</u> 5:30-5:45 <u>Swim</u> 5:45-7:00	<u>Act</u> 3:45-4:00 <u>Swim</u> 4:00-5:00 <b>REC CENTER</b>	<u>Swim</u> 3:00-4:00 <b>Dry</b> 4:00-4:30	
Jr. Youth		<b>Dry</b> 5:30-6:00 <u>Swim</u> 6:00-7:00		<u>Act</u> 5:30-5:45 <u>Swim</u> 5:45-7:00	<u>Act</u> 3:45-4:00 <u>Swim</u> 4:00-5:00 <b>REC CENTER</b>		
Learn to Swim	1) 5:00-5:45 2) 5:45-6:30		1) 5:00-5:45 2) 5:45-6:30				

Dry = Dryland - Sport gear needed

Act = Activation

Morning Practice