



Monday December 25, 2023	Tuesday December 26, 2023	Wednesday December 27, 2023	Thursday December 28, 2023	Friday December 29, 2023	Saturday December 30, 2023	Sunday December 31, 2023
OFF	OFF	Performance + Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-6pm Provincial + Prospect- <u>Act:</u> 5:45-6pm <u>Swim:</u> 6-7pm	Performance + Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-6pm Provincial + Prospect- <u>Act:</u> 5:45-6pm <u>Swim:</u> 6-7pm	Performance + Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-5:30pm Provincial + Prospect- <u>Act:</u> 5:15-5:30pm <u>Swim:</u> 5:30-7pm	Performance + Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-5:30pm Provincial + Prospect- <u>Act:</u> 5:15-5:30pm <u>Swim:</u> 5:30-7pm	OFF
Monday January 1, 2024	Tuesday January 2, 2024	Wednesday January 3, 2024	Thursday January 4, 2024	Friday January 5, 2024	Saturday January 6, 2024	Sunday January 7, 2024
OFF	Prospect, Performance & Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-6pm Development & Provincial- <u>Act:</u> 5:45-6pm <u>Swim:</u> 6-7pm	Prospect, Performance & Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-5:45pm Development & Provincial- <u>Act:</u> 5:30-5:45pm <u>Swim:</u> 5:45-7pm	Prospect, Performance & Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-6pm Development & Provincial- <u>Act:</u> 5:45-6pm <u>Swim:</u> 6-7pm	Prospect, Performance & Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-5:45pm Development & Provincial- <u>Act:</u> 5:30-5:45pm <u>Swim:</u> 5:45-7pm	Prospect, Performance & Elite- <u>Act:</u> 3:45-4pm <u>Swim</u> 4-6pm Development & Provincial- <u>Act:</u> 5:45-6pm <u>Swim:</u> 6-7pm	OFF

DAYS OFF (no practices) FOR ALL GROUPS: December 20-26, December 31, January 1 & January 7
 Return to regular schedule on January 8, 2024