



## 2020-2021 SCHEDULE

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	START DATE
<b>RED ADVANCED/RED and FITNESS</b>  - Red Advanced: 6 pool practices plus 1 Greco Session  - Red: 4 pool practices  -Fitness: 3 pool practices  Coach: Norma Perez	Monday	5:45-7:30 AM	Sawmill Creek	Sept. 14th.
	Tuesday (Sep-Dec)	8:00-9:30 AM	Brewer Pool	Sept. 8th.
	Tuesday (Jan-Jun)	5:45-7:30 AM	Nepean Sportsplex (Small Pool)	Jan 5th.
	Thursday (Sep-Dec)	8:00-9:30 AM	Brewer Pool	Sept. 10th.
	Thursday (Jan-Jun)	5:45-7:30 AM	Nepean Sportsplex (Small Pool)	Jan 7th.
	Friday	5:45-7:15 AM	Minto Sportsplex	Sept. 11th.
	Friday	6:00-7:00 PM	* Greco Fitness	Sept. 11th.
	Saturday	6:00-8:00 AM	Minto Sportsplex	Sept. 12th.
	Sunday	6:00-7:20 AM	Richcraft Sportsplex	Sept. 13th.

\* Greco Fitness for Red Advanced and Registered swimmers in these sessions.  
Address: 3054 Woodroffe Ave, Nepean, ON K2J 4G3