



2022-2023 SCHEDULE "DRAFT"

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
BLUE Coache: Jessica Mundy	Wednesday	6:30-7:15 PM	Brewer Pool or Carleton U
	Saturday	5:45-7:00 PM	Minto Sportsplex
	Sunday	7:30-8:30 AM	Richcraft Sportsplex
BLUE ADVANCED Coache: Max Nozin	Wednesday	6:30-8:00 PM	Brewer Pool or Carleton U
	Saturday	5:45-7:00 PM	Minto Sportsplex
	Sunday	7:30-8:30 AM	Richcraft Sportsplex
RED Coach: Norma Perez	Monday	6:00-7:30 AM	Sawmill Creek
	Wednesday	6:00-7:30 AM	Carleton U
	Saturday	9:30-10:45 AM	Nepean Sportsplex Main Pool (shallow end)
	Sunday	6:00-7:20 AM	Richcraft Sportsplex
RED ADVANCED Coach: Norma Perez	Monday	6:00-7:30 AM	Sawmill Creek
	Tuesday	5:45-7:30 AM	Nepean Sportsplex (Small Pool)
	Wednesday	6:00-7:30 AM	Carleton U
	Friday	5:45-7:15 AM	Minto Sportsplex
	Friday	7:00-8:00 PM	* Greco Fitness
	Saturday	6:00-8:00 AM	Minto Sportsplex
	Sunday	6:00-7:20 AM	Richcraft Sportsplex
ELITE Coach: Boyko Antonov	Monday	6:00-7:30 AM	Sawmill Creek
	Monday	7:00-8:00 PM	* Greco Fitness
	Wednesday	6:00 - 7:30 AM	Carleton University
	Wednesday	7:25 - 8:45 PM	Carleton U
	Thursday	5:45-7:30 AM	Nepean Sportsplex (Small Pool)
	Friday	7:00-8:00 PM	* Greco Fitness
	Friday	5:45-7:15 AM	Minto Sportsplex
	Saturday	6:00-8:00 AM	Minto Sportsplex
	Sunday	6:15-8:15 AM	Sawmill Creek

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