

Weekly Practice Schedule

WB = Walter Baker

Splex = Nepean Sportsplex

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WB 4:30-6:00 pm 13-15 B 13-15 C Tier 6 6:15-7:15pm Pilates 13-15 C Tier 6	WB 7:00-8:00pm Tier 6 dryland 8:00-10:00pm 13-15 A Tier 6 8:00-9:30pm Duet c (13-15)	WB 4:30-6:00pm 11-12 A 11-12 B Duet b (13-15) Rec 6:15-7:00pm Pilates 11-12 A B	WB 4:30-6:00pm Duet 16+ Duet a 13-15 Solo Rec Splex 8:15-10:00pm Tier 6 13-15 A B C 7:00-8:00pm Pilates 13-15 A B Masters/AB 8:15-9:45	WB 4:00-6:00pm Open Figures Rec 4:00-6:00 4:30-6:00	Splex 11:00-1:00 Various Teams (each team swims every second or third available Saturday per month) Pinecrest 5:45- 7:45PM Open Figures Rec 6:00-7:30	Splex 6:30-7:30am Duets/Tier 6 7:30-10:30 am All Teams