

Tentative 2011-2012 Practice Schedule (HP: effective Sept 27) Revised Sept.1							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	total hours
<b>VAC</b>		<b>VAC</b>		<b>VAC</b>	<b>Winskill</b>	<b>UBC</b>	
Extra routines 6:00-9am		Extra routines 6:00-9:00am Club X 6:00-8am		HP JR/13-15 5:30-8 am (2.5 hrs) (2.5 hrs) Extra Routines 8-9am	Rec south 7:30 – 9:30 am (2 hrs)	HP JR / 13-15 6:30-11:30am (5hrs) (5hrs)	
<b>Hillcrest</b>	<b>Watermania</b>	<b>Watermania</b>	<b>Watermania</b>			<b>Templeton</b>	
HP JR 4-8 pm (4 hrs) <u>13-15</u> 4-8 pm (4 hrs)	HP JR 5-9:30 pm (4.5 hrs) <u>13-15</u> 6-9:30 pm (3.5 hrs) Extra Routines and Open Swim 9:30-10	HP JR 7-9:30 pm (2.5 hrs) <u>13-15</u> 6-9:30 pm (3.5 hrs) Extra Routines and Open Swim 9:30-10	HP JR 5-9:30 pm (4.5 hrs)  Extra Routines and Open Swim 9:30-10			Prov – all teams 7:30am -12 pm (4.5 hrs)	HP JR=23  Club X = 2
						Star Plus Templeton 10 -11:30 am (1.5 hrs)	HP 13-15=18.5
Rec Hill/Tmpl 5:30-7 pm ( 1.5 hrs)			Rec Richmond 6:30 – 8 pm (1.5 Hr)			Rec Hill/Tmpl 8-10:00am (2 hrs)	Prov 16-18 = 11 Prov 13-15 = 11 Prov 12&U = 9
Star Plus Hillcrest 4 – 5:30 pm (1.5 hrs)	Star Plus Richmond 6:30 – 8:00pm (1.5 hrs)						Rec=3.5 Star Plus = 1.5
		<b>St Georges</b>			<b>St Georges</b>		
		Prov 12 & U 5:30-8:00 pm (2.5 hours)  Prov 13-15 5:30-8:30 pm (3 hours)  Prov 16-18 5:30-8:30 pm (3 hours)			Prov 12& U 10-12 pm (2 hrs)  Prov 13-15 10-1:30 (3.5 hrs)  Prov 16-18 10-1:30 (3.5 hrs)		
<b>Minoru</b>	<b>Minoru</b>			<b>Lord Byng</b>			
Rec south 4:30-6:00pm (1.5 hr)	Rec Richmond 4:30 – 6:00 pm (1.5 Hr)			Star Plus Byng 3:30-5:00pm (1.5 hr)			