

Elite		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		7:15-9:00 (SC)		7:15-9:00 (LC)	5:45-7:45 (SC) 200+ Swimmers		
	PM	13:30-15:30 (LC) Aqua jetty	16:00-18:00 (SC)	16:00-18:00 (SC)	13:30-15:00 (LC)	15:00-17:00 (SC)	13:30-15:30 (LC)	
	S&C	S&C Option 1 10:00 (WG) S&C Option 2 16:15 (PRAS)	Group Core 15:15	S&C 14:15-15:30 (WG)	Group Core 14:45	S&C 13:00-14:15 (PRAS)	S&C 09:30-10:45 (WG)	
National		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		5:45-7:30 (SC)		5:45-7:30 (LC)	5:45-7:45 (SC)		
	PM	17:30-19:30 (SC)	16:00-18:00 (SC)	16:00-18:00 (SC)	15:30-17:00 (SC)		13:30-15:30 (LC)	
	Land	S&C 16:00-17:15 (PRAS)	Group Core 15:15	S&C 06:30-07:30 (PRAS)		S&C 16:00-17:30 (PRAS)	13:00-13:30 (MB/Circuits)	
Performance Potential		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM	5:45-7:45 (SC)	5:45-7:30 (SC)		5:45-7:30 (LC)			
	PM	17:30-19:30 (SC)		16:30-18:00 (SC)		16:30-18:00 (SC)	13:30-15:30 (LC)	
	Land	S&C 16:00-17:15 (PRAS)		S&C 06:30-07:30 (PRAS)		16:00-16:30 (Core)	13:00-13:30 (MB/Circuits)	
Platinum		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM	5:45-7:45 (SC)	5:45-7:15 (SC)		5:45-7:15 (LC)			
	PM	17:30-19:30 (SC)		18:00-19:30 (SC)	17:30-19:00 (SC)	16:45-18:00 (SC)		
	Land	17:00-17:00 (MB/Core)		17:30-18:00 (Core/Stability)		16:00-16:45 (MB/Circuits)		
Gold		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM	5:45-7:15 (SC) invites		5:45-7:15 (SC)			6:45-8:15 (SC)	
	PM	17:30-19:30 (SC)		18:00-19:30 (SC)	16:00-17:30 (SC)	16:45-18:00 (SC)		
	Land				17:30-18:00 (Core/Stability)	16:00-16:45 (MB/Circuits)		
Silver		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM			5:45-7:15 (SC)			6:45-8:15 (SC)	
	PM	16:30-17:30 (SC)	16:00-17:30 (SC)		17:15-18:30 (SC)	16:45-18:00 (SC) invites		
	Land	16:00-16:30 (Core/Stability)						
Bronze		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM						6:45-8:15 (SC)	
	PM	16:30-17:30 (SC)	17:30-19:00 (SC)		16:15-17:15 (SC)			
	Land	16:00-16:30 (Core/Stability)						
Dolphins		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM							
	PM	15.45 -16:30 (Gr 1)		15.45 -16:30 (Gr 2)	15:45-16:15 (Gr 1)	16:30-17:00 (Gr 2)		
	Land							
Mini Dolphins		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM							
	PM	16:00-16:30						
	Land							
Fitness (new)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM		05:45-07:15					
	PM				17:30-19:00			
	Land							
Junior Fitness (new)		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM			05:45-7:15				
	PM							
	Land							

Peel Regional Academy of Sport (PRAS) supports high performance sport in the Peel Region. PRAS is shown in our program for swimmers on a PRAS scholarship.

Sessions may change if lane space is unavailable.