

# Prince Albert Sharks Swim Club

## Monthly Schedule September/2009

Tentative schedule subject to change based on registration numbers/coaching availability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
			Registration Night 7 - 9 FJD Pool	Registration Night 7 - 9 FJD Pool		
Coach Gord - SNC Ottawa (NCCP Pathway Update Course)						
6	7  Labour Day	8  No AM Swimming	9  No AM Swimming	10  6 - 7:30 am Masters	11  6 - 7:30 am Masters	12  8:00 - 10:00 am Senior/Junior Blue
		4:30 - 6:15 pm Senior/Junior Blue	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior Blue	4:30 - 6:20 pm Senior/Junior Blue	
13	14  No AM Swimming	15  6 - 7:30 am Distance Group Masters Sprint Group Dryland	16  No AM Swimming	17  6 - 7:30 am Distance Group Blue/Masters Sprint Group Dryland	18  6 - 7:30 am Senior/Junior Masters	19  8:00 - 10:00 am Senior/Junior 10:00 - 11:00 am Club Mini Camp
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 5:20 pm Senior/Junior  5:30 - 6:15 pm Club Mini Camp	4:30 - 5:20 pm Senior/Junior Blue  5:30 - 6:20 pm Club Mini Camp	
20	21  No AM Swimming	22  6 - 7:30 am Distance Group Masters Sprint Group Dryland	23  No AM Swimming	24  6 - 7:30 am Distance Group Blue/Masters Sprint Group Dryland	25  6 - 7:30 am Senior/Junior Masters	26  8:00 - 10:00 am Senior/Junior 10:00 - 11:30 am Blue Green 10:30 - 11:30 am Swim Quest ASQ (TBC)
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 5:30 pm Senior (tank) 4:30 - 6:20 pm Blue/Green 5:30 - 6:20 pm ASQ (TBC)	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Senior/Junior Blue	
27	28  No AM Swimming	29  6 - 7:30 am Distance Group Masters Sprint Group Dryland	30  No AM Swimming	1  6 - 7:30 am Distance Group Blue/Masters Sprint Group Dryland	2  6 - 7:30 am Senior/Junior Masters	3  8:00 - 10:00 am Senior/Junior 10:00 - 11:30 am Blue Green 10:30 - 11:30 am Swim Quest ASQ (TBC)
	4:30 - 6:20 pm Senior/Junior Blue	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 5:30 pm Senior (tank) 4:30 - 6:20 pm Blue/Green 5:30 - 6:20 pm ASQ (TBC)	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 6:20 pm Senior/Junior Blue	

**Notes:**

One Group of Swim Quest will swim on Tuesdays and Thursdays  
 A second Swim Quest group will swim on Saturday AM only  
 If the Saturday Swim Quest programs have a large number of participants, Green Squad  
 may move to 8:30 - 10:00 am