

Prince Albert **Sharks Swim Club**
Regular Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Swimming	No AM Swimming	6 - 7:30 am Distance Group Masters Sprint Group Dryland	No AM Swimming	6 - 7:30 am Distance Group Blue/Masters Sprint Group Dryland	6 - 7:30 am Senior/Junior Masters	8:00 - 10:00 am Senior/Junior 9:30 - 11:15 am Blue 10:00 - 11:15 am Green
	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 2	4:30 - 5:30 pm Senior (tank) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green 5:15 - 6:15 pm Swim Quest 1	4:30 - 6:15 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest 2	4:30 - 6:20 pm Senior/Junior Blue	

February 2010						
31	1	2	3	4	5	6
	Regular Weekly Schedule					9:30 - 11:15 am Senior/Junior Blue Green Cancelled Spring Breakout Regina
7	8	9	10	11	12	13
	Regular Weekly Schedule					
14	15	16	17	18	19	20
8 - 10 am Senior/Junior	8 - 10 am Senior/Junior	8 - 10 am Senior/Junior		No Swimming		
No Swimming			Western Canadian Championships Saskatoon			
21	22	23	24	25	26	27
	Regular Weekly Schedule					

Notes: - changes to regular weekly schedule hilited in yellow
 - swim meets hilited in green