

Prince Albert Sharks Swim Club

Monthly Schedule January/2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
	No AM Swimming	No AM Swimming	8 - 10:30 am Triathlon Group	8 - 10:30 am Senior/Junior Triathlon Group	No Swimming Happy New Year !!	No Swimming
	4:00 - 6:00 pm Senior/Junior	4:00 - 6:00 pm Senior/Junior	4:00 - 6:00 pm Senior/Junior Triathlon Group	No PM Swimming		
3	4	5	6	7	8	9
	No AM Swimming	8 - 10 am Senior/Junior Masters	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	4:30 - 5:30 pm Senior (dryland) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	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	
10	11	12	13	14	15	16
	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	4:30 - 5:30 pm Senior (dryland) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	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	
17	18	19	20	21	22	23
	No AM Swimming	6 - 7:30 am Distance Group Masters Sprint Group Dryland	No AM Swimming	6 - 7:30 am Blue/Masters	No AM Swimming	8:00 - 10:00 am Senior/Junior 9:30 - 11:15 am Blue 10:00 - 11:15 am Green
BKSC Provincial Qualifier	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 (dryland) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	4:30 - 5:30 pm Senior/Junior 5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest	4:30 - 5:30 pm Senior/Junior 4:30 - 6:15 pm Blue 5:30 - 6:15 pm Club Mini Camp	10:15 - 11:15 am Club Mini Camp
24/31	25	26	27	28	29	30
	No AM Swimming	6 - 7:30 am Distance Group Masters Sprint Group Dryland	No AM Swimming	6 - 7:30 am Blue/Masters	6 - 7:30 am (TBC) Junior/Masters	9:30 - 11:15 am Junior/Blue 10:00 - 11:15 am Green 10:15 - 11:15 am Swim Quest 1
Jan. 31st Alberta Senior Champs	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 - 6:00 pm Senior (tank) 4:30 - 6:20 pm Blue 5:00 - 6:20 pm Green	5:00 - 6:15 pm Green 5:15 - 6:15 pm Swim Quest 2	4:30 - 6:20 pm Junior/Blue	
				Alberta Senior Provincial Champs Medicine Hat, Alberta		