

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	

March 2010						
28	1	2	3	4	5	6
	Regular Weekly Schedule				No AM Swimming	9:30 - 11:15 am Sr/Jr/Blue No Swimming for Green RYMM Meet Regina
					4:30 - 6:20 pm Senior/Junior Blue	
7	8	9	10	11	12	13
RYMM Meet Regina	Regular Weekly Schedule					
14	15	16	17	18	19	20
	Regular Weekly Schedule			No PM Swim for Juniors	No AM Swimming	9:30 - 11:15 am Junior/Blue 10 - 11:15 am Green
					4:30 - 6:20 pm Junior/Blue	
				Man/Sask Provincial Champs Winnipeg		
21	22	23	24	25	26	27
ManSask Winnipeg	Revised Weekly Schedule (TBC)					
28	29	30	31	1	2	3
	Revised Weekly Schedule (TBC)					
	Seniors Training Camp - Tucson, Arizona					

- Notes:**
- changes to regular weekly schedule hilited in yellow
 - swim meets hilited in green
 - revised weekly schedule will affect the Senior and Junior squads only