

# GVAS Practice Schedule

Winter 2009-10

(October 1, 2009 to June 26, 2010)

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>JDF Pool</b>  Pool Closed Dec 7-20, 2009 (see Esquimalt Pool Schedule below)	<b>6:00-7:30 a.m.</b> <i>Masters, Jets,            Royals</i>		<b>6:00-7:30 a.m.</b> <i>Masters, Jets,            Royals</i>		<b>6:00-7:30 a.m.</b> <i>Masters, Jets,            Royals</i>	<b>6:00-7:30 a.m.</b> <i>Masters, Jets,            Royals</i>
		<b>4:30-5:00 p.m.**</b> <i>Mini-Royals only</i>  <b>5:00-6:00 p.m.**</b> <i>Royals, Jets</i>  <b>**First Tuesday of            Each Month –            4:30-5:00            Team Meeting /            Workshop            5:00-6:00            All Group Swim            (including Minis)</b>		<b>4:30-5:00 p.m.</b> <i>Mini-Royals only</i>  <b>5:00-6:00 p.m.</b> <i>Royals, Jets</i>		
<b>Naden Pool</b>	<b>5:30-7:00 p.m.</b> <i>Masters, Jets,            Royals</i>		<b>5:30-7:00 p.m.</b> <i>Masters, Jets,            Royals</i>  <i>2<sup>nd</sup> &amp; 4<sup>th</sup> Wed            each month            4:45-5:15 p.m.            Jr. Coaching            Workshop</i>		<b>5:30-7:00 p.m.</b> <i>Jets Only</i>	

	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
<b>Esquimalt Pool</b>	<b>6:00-7:30 a.m.</b> <i>Masters, Jets, Royals</i>		<b>6:00-7:30 a.m.</b> <i>Masters, Jets, Royals</i>		<b>6:00-7:30 a.m.</b> <i>Masters, Jets, Royals</i>	<b>6:00-7:30 a.m.</b> <i>Masters, Jets, Royals</i>
	<b>Dec 14-19, 2009 ONLY</b> <b>(During 2<sup>nd</sup> week of JDF pool closure)</b>		<b>4:30-5:00 p.m.</b> <i>Mini-Royals only</i>		<b>4:30-5:00 p.m.</b> <i>Mini-Royals only</i>	
		<b>5:00-6:00 p.m.</b> <i>Royals, Jets</i>		<b>5:00-6:00 p.m.</b> <i>Royals, Jets</i>		