

MACR SHARKS 2011/2012 Season - POOL SCHEDULE
Training Assignments for all squads

White	2-3 sessions per week
Blue Jr 1	2-3 sessions per week
Blue Jr 2	3-4 sessions per week
Blue Sr	3-4 sessions per week

Black Jr 1	3-4 sessions per week & 1-2 land sessions
Black Jr 2	4-5 sessions per week & 2-3 land sessions
Black Sr	4-5 sessions per week & 3-4 land sessions

****TABLE SHOWS SUGGESTED ATTENDANCE FOR EACH GROUP ****



****LAND TRAINING SCHEDULE WILL BE AVAILBLE SOON FOR BLACK LEVEL GROUPS****

MONDAY

POOL SESSIONS (Be on deck 10 mins before session starts)

	1	2	3	4	5	6
3:00 p.m.						
3:30 p.m.						
4:00 p.m.	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm			
4:30 p.m.				BlackSr (90 mins) 4.30pm-6.00pm	BlackSr (90 mins) 4.30pm-6.00pm	BlackSr (90 mins) 4.30pm-6.00pm
5:00 p.m.						
5:30 p.m.						
6:00 p.m.	Blue Jr1 (60 mins) 6.00pm-7.00pm	Blue Jr1 (60 mins) 6.00pm-7.00pm	Blue Jr1 (60 mins) 6.00pm-7.00pm	White (60 mins) 6.00pm-7.00pm	White (60 mins) 6.00pm-7.00pm	White (60 mins) 6.00pm-7.00pm
6:30 p.m.						
7:00 p.m.	Blue Jr2 (60 mins) 7.00pm-8.00pm	Blue Jr2 (60 mins) 7.00pm-8.00pm	Blue Jr2 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm	Black Jr2 (90 mins) 7.00pm-8.30pm
7:30 p.m.						
8:00 p.m.						

TUESDAY

POOL SESSIONS (Be on deck 10 mins before session starts)

	1	2	3	4	5	6
3:00 p.m.						
3:30 p.m.				BlackSr (90 mins) 3.30pm-5.00pm	BlackSr (90 mins) 3.30pm-5.00pm	BlackSr (90 mins) 3.30pm-5.00pm
4:00 p.m.	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm			
4:30 p.m.						
5:00 p.m.	Swim Lessons and Clinics					
5:30 p.m.						
6:00 p.m.						
6:30 p.m.						
7:00 p.m.	Blue Jr1 (60 mins) 7.00pm-8.00pm	Blue Jr1 (60 mins) 7.00pm-8.00pm	Blue Jr1 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm
7:30 p.m.						
8:00 p.m.	Blue Jr2 (60 mins) 8.00pm-9.00pm	Blue Jr2 (60 mins) 8.00pm-9.00pm	Blue Jr2 (60 mins) 8.00pm-9.00pm	Black Jr2 (60 mins) 8.00pm-9.00pm	Black Jr2 (60 mins) 8.00pm-9.00pm	Black Jr2 (60 mins) 8.00pm-9.00pm
8:30 p.m.						

WEDNESDAY

POOL SESSIONS (Be on deck 10 mins before session starts)

	1	2	3	4	5	6
3:00 p.m.						
3:30 p.m.						
4:00 p.m.	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm			
4:30 p.m.				BlackSr (90 mins) 4.30pm-6.00pm	BlackSr (90 mins) 4.30pm-6.00pm	BlackSr (90 mins) 4.30pm-6.00pm
5:00 p.m.						
5:30 p.m.						
6:00 p.m.	Blue Jr1 (60 mins) 6.00pm-7.00pm	Blue Jr1 (60 mins) 6.00pm-7.00pm	Blue Jr1 (60 mins) 6.00pm-7.00pm	White (60 mins) 6.00pm-7.00pm	White (60 mins) 6.00pm-7.00pm	White (60 mins) 6.00pm-7.00pm
6:30 p.m.						
7:00 p.m.	Blue Jr2 (60 mins) 7.00pm-8.00pm	Blue Jr2 (60 mins) 7.00pm-8.00pm	Blue Jr2 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm	Black Jr1 (60 mins) 7.00pm-8.00pm	Black Jr2 (90 mins) 7.00pm-8.30pm
7:30 p.m.						
8:00 p.m.						

THURSDAY

POOL SESSIONS (Be on deck 10 mins before session starts)

	1	2	3	4	5	6
3:00 p.m.						
3:30 p.m.				BlackSr (90 mins) 3.30pm-5.00pm	BlackSr (90 mins) 3.30pm-5.00pm	BlackSr (90 mins) 3.30pm-5.00pm
4:00 p.m.	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm			
4:30 p.m.						
5:00 p.m.	Swim Lessons and Clinics					
5:30 p.m.						
6:00 p.m.						
6:30 p.m.						
7:00 p.m.	Blue Jr1 (60 mins) 7.00pm-8.00pm	Blue Jr1 (60 mins) 7.00pm-8.00pm	Blue Jr1 (60 mins) 7.00pm-8.00pm	White (60 mins) 7.00pm-8.00pm	White (60 mins) 7.00pm-8.00pm	White (60 mins) 7.00pm-8.00pm
7:30 p.m.						
8:00 p.m.	Black Jr1 (60 mins) 8.00pm-9.00pm	Black Jr1 (60 mins) 8.00pm-9.00pm	Blue Jr2 (60 mins) 8.00pm-9.00pm	Blue Jr2 (60 mins) 8.00pm-9.00pm	Black Jr2 (60 mins) 8.00pm-9.00pm	Black Jr2 (60 mins) 8.00pm-9.00pm
8:30 p.m.						

FRIDAY

POOL SESSIONS (Be on deck 10 mins before session starts)

	1	2	3	4	5	6
3:00 p.m.						
3:30 p.m.				BlackSr (90 mins) 3.30pm-5.00pm	BlackSr (90 mins) 3.30pm-5.00pm	BlackSr (90 mins) 3.30pm-5.00pm
4:00 p.m.	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm	Blue Sr (60 mins) 4.00pm-5.00pm			
4:30 p.m.						
5:00 p.m.	Black Jr2 (60 mins) 5.00pm-6.00pm	Black Jr2 (60 mins) 8.00pm-9.00pm	Blue Jr1 (60 mins) 5.00pm-6.00pm	Blue Jr1 (60 mins) 5.00pm-6.00pm	White (60 mins) 5.00pm-6.00pm	White (60 mins) 5.00pm-6.00pm
5:30 p.m.						
6:00 p.m.	Blue Jr2 (60 mins) 6.00pm-7.00pm	Blue Jr2 (60 mins) 6.00pm-7.00pm	Blue Jr2 (60 mins) 6.00pm-7.00pm	Black Jr1 (60 mins) 6.00pm-7.00pm	Black Jr1 (60 mins) 6.00pm-7.00pm	Black Jr1 (60 mins) 6.00pm-7.00pm
6:30 p.m.						