

**SWIM TRAINING SCHEDULES - Subject to pool time availability – subject to change**

- **Senior (SR)/Junior Group(JR) – Centennial Pool & York University**  
Head Coach – Fisiha Kebede

Membership in this group is based on performance potential and attendance. Event specialties will determine differences in program structure, for example, sprint vs distance talent.

<b>Training times:</b>	Monday	4:30 – 6:45 p.m.
	Tuesday through Friday	5:00 – 7:00 p.m. (Seniors start at 4:30 p.m.)
	Saturday	9 - 11:30 a.m. @ York University– Tait McKenzie Building
	Morning practices (Mon., Tues & Thurs) (up to 3 days per week)	5:45 – 7:20 a.m. @ York University – Tait McKenzie Building
<b>Program content:</b> calisthenics, motor coordination drills, activities for developing competitiveness, running (distance and sprints), swimming (various forms), mandatory training camps (SCM and LCM), specific strength programs.		
<b>Acceptance into this program is determined by the Head Coach.</b>		

- **Age Group – Centennial Pool & York University**  
Coach – Luis Elliott, Fisiha Kebede

<b>Training times:</b>	Monday	4:30 – 6:45 p.m.
	Tuesday through Friday	5:00 – 7:00 p.m.
	Saturday	9 - 11:30 a.m. @ York University (Head Coach discretion)
	Morning practises (weekday) (One morning per week)	Head Coach Discretion
<b>Program content:</b> calisthenics, motor coordination drills, activities for developing competitiveness, running ( distance and sprints ), swimming ( various forms ), specific strength programs.		
<b>Acceptance into this program is determined by the Head Coach.</b>		

- **Novice – Centennial Pool & Weston Pool:**  
Coaches – Luis Elliott and Joe Nishibayashi

<b>Training times:</b>		
Novice 1	Mon- Tues-Thurs	Centennial – 5-7 PM
Novice 2	Mon & Friday - Weston Wed - Centennial Pool	Weston -- 6-8 PM Centennial -- 5-7 PM

- **Swansea Intro to Competitive Program – Swansea Recreation Centre Pool:**  
Coaches – Joe Nishibayashi , Massimo Turelli, Kate Milligan , Brittany Dewar

<b>Training times:</b>	Tuesday & Thursday:	6:30 - 7:30 PM or 7:30 - 8:30 PM or 6:30 - 8:30 PM
<b>Developmental program for those swimmers being introduced to competitive swimming.</b>		

- **Weston Intro to Competitive Program – Weston Collegiate Pool:**  
Coach – Joe Nishibayashi, Brittany Dewar, John Carroll

<b>Training times:</b>	Monday & Friday	6:00 - 7:00 PM or 7:00 - 8:00 PM or 6:00 - 8:00 PM
<b>Developmental program for those swimmers being introduced to competitive swimming.</b>		

- **Weston Learn to Swim Program – Weston Collegiate Pool:**  
Coach – Brittany Dewar & John Carroll

<b>Training times:</b>	Thursday	6:00 - 7:00 PM or 7:00 - 8:00 PM or
<b>No previous swimming experience required. Become comfortable in water, and learn breath control, floats, glides, kick and arms pulls, continuous swims.</b>		

## PRACTICE TIMETABLE 2010-2011

*Subject to change due to time and space availability.*

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior:</b> York U and Centennial Pool	5:45 - 7:20 a.m. York U	5:45 - 7:20 a.m. York U		5:45 - 7:20 a.m. York U		9 – 11:30 a.m. York U
	4:30 - 6:45 p.m. Centennial	4:30 - 7:00 p.m. Centennial	4:30 - 7:00 p.m. Centennial	4:30 - 7:00 p.m. Centennial	4:30 - 7:00 p.m. Centennial	
<b>Junior:</b> York U and Centennial Pool		5:45 - 7:20 a.m. York U		5:45 - 7:20 a.m. York U		9 – 11:30 a.m. York U
	4:30 - 6:45 p.m. Centennial	4:30 - 7:00 p.m. Centennial	4:30 - 7:00 p.m. Centennial	4:30 - 7:00 p.m. Centennial	4:30 - 7:00 p.m. Centennial	
<b>Age Group:</b> (Groups 1 and 2) Centennial Pool Age Group 2 has no a.m. practise		5:45 - 7:20 a.m. York U Coach Discretion				9 – 11:30 a.m. York U (Age Group 1)
	4:30 - 6:45 p.m. Centennial	5:00 - 7:00 p.m. Centennial	5:00 - 7:00 p.m. Centennial	5:00 - 7:00 p.m. Centennial	5:00 - 7:00 p.m. Centennial	
<b>Novice 1:</b> Centennial Pool	4:30PM-6:45PM Centennial	5:00 - 7:00 p.m. Centennial		5:00 - 7:00 p.m. Centennial		
<b>Novice 2:</b> Centennial Pool & Weston Pool	6:00-8:00 p.m. Weston Group will start at Centennial 4:30-6:30 p.m. until Weston is available		5:00 -7:00 p.m. Centennial		6:00-8:00 p.m. Weston	
<b>Swansea Intro to Competitive</b> Swansea Pool		6:30-7:30PM 7:30-8:30PM 6:30-8:30PM Swansea Pool		6:30-7:30PM 7:30-8:30PM 6:30-8:30PM Swansea Pool		
<b>Weston Intro to Competitive</b> Weston Pool	6:00-7:00PM 7:00-8:00PM 6:00-8:00PM Weston Pool				6:00-7:00PM 7:00-8:00PM 6:00-8:00PM Weston Pool	
<b>Weston Learn to Swim</b> Weston Pool				6:00-7:00PM 7:00-8:00PM		