

BLUEFINS SCHEDULE 2018-2019

	ages	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hours Pool	Dryland and Gym Hours
Competitive school Whitefins	6-7 years old	18h00 to 18h30				19h30 to 20h00			1 hr	
Competitive school Redfins 1	6-8 years old			17:45 to 18:30		17:45 to 18:30			1.5 hrs	
Competitive school Redfins 2	6-8 years old		17:30 to 18:15		17:30 to 18:15				1.5 hrs	
Competitive school Yellowfins	6-8 years old		18:15 to 19:30		18:15 to 19:30				2.5 hrs	
Regional #3	7-9 years old	17:45 to 18:45		18:00 to 19:00		18:00 to 19:30			3.5 hrs	
Regional #2	7-9 years old		18:15 to 19:30		18:15 to 19:30	18:45 to 20:00			3.75 hrs	
Regional #1	8-10 years old	18:30 to 20:00		18:00 to 19:30		18:00 to 19:30			4.5 hrs	
Provincial Development	9-10 years old	dryland 18:15 to 18:45 18:45 to 20:00	18:00 to 19:30		Dryland 17:30 to 18:00 18:00 to 19:30	17:45 to 19:45	7:30 to 9:00		6.25 hrs	1 hr
Age group #3	11 years +	17:45 to 18:45		18:00 to 19:00		18:00 to 19:30	7:30 to 9:00		5 hrs	
Age group #2	11 years +	Dryland 17:45 to 18:15 18:15 to 20h00		Dryland 17:45 to 18:15 18:15 to 20:00		18:30 to 20:00	7:30 to 9:00		6.5 hrs	1 hr
Age group #1	11 years +	Dryland 18:00 to 18:30 18:30 to 20:00	18:00 to 19:30	Dryland 18:00 to 18:30 18:30 to 20:00	18:00 to 19:30		6:00 to 7:30		7.5 hrs	1 hr
Senior C	11-13 years old	16:15 to 17:45	16:30 to 18:00 gym 18:15 to 19:15	16:15 to 17:45	16:15 to 18:00 gym 18:00 to 18:45	16:15 to 17:45	6:00 to 7:30 dryland 7:30 to 8:00		9.25 hrs	2.25 hrs
Senior B	13 years +	16:15 to 18:15	16:15 to 18:15 gym 18:15 to 19:15	16:15 to 18:15	16:15 to 18:15 gym 18:00 to 18:45	16:15 to 17:45	6:00 to 7:30 dryland 7:30 to 8:00		10.75 hrs	2.25 hrs
Senior A	13 years +	16:15 to 18:15 à sec 18:15 to 18:45	16:15 to 18:15 gym 18:15 to 19:15	5:30 to 6:30 16:15 to 18:15	16:15 to 18:00 gym 18:00 to 18:45 dryland 18:45 to 19:15	16:15 to 17:45	6:00 to 7:30 dryland 7:30 to 8:00		11.75 hrs	3.25 hrs
para-swimming	7 years +						7:30 to 9:00	16:00 to 17:00	2.5 hrs	
Masters	18 years +	5:30 to 6:30 or 9:45 to 10:45	20:30 to 21:30	5:30 to 6:30	20:30 to 21:30	5:30 to 6:30 or 9:45 to 10:45	7:30 to 9:00		6.5 hrs	