Peterborough Swim Club Pool Schedule Fall 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Elite						
12 Hours Pool	3:30-5:00 Pm Pool	6:00-7:30 Am Pool	6:00-7:30 Am Pool	3:30-5:00 Pm Pool	6:00-7:30 Am Pool	7:00-9:00 Am Pool
2.5 Hours Dryland	5:00-5:30 Pm Swim Skill Dryland on deck	7:00-8:00 Pm Dryland Hybrid	3:30-5:00 Pm Pool		4:00-5:00 Pm Pool	10:00-11:00 Am Dryland Hybrid
Junior Performance						
10.5 Hours Pool	3:30-5:00 Pm Pool		6:00-7:30 Am Pool	3:30-5:00 Pm Pool	6:00-7:30 Am Pool	7:00-9:00 Am Pool
2.5 Hours Dryland	5:00-5:30 Pm Swim Skill Dryland on deck	7:00-8:00 Pm Dryland Hybrid	3:30-5:00 Pm Pool		4:00-5:00 Pm Pool	10:00-11:00 Am Dryland Hybrid
AG-Race						
7.5 Hours Pool		6:00-7:30 Am Pool	5:00-6:00 Pm Pool	6:00-7:30 Am Pool	4:30-6:00 Pm Pool	7:00-9:00 Am Pool
3 Hours Dryland	6:00-7:00 Pm Dryland			6:00-7:00 Pm Dryland		9:00-10:00 Am Swim Skills Dryland on deck
AG-Train						
6. Hours Pool	4:30-6:00 Pm Pool		5:00-6:00 Pm Pool	6:00-7:30 Am Pool	5:00-6:00 Pm Pool	5:00-6:00 Pm Pool
3 Hours Dryland		6:00-7:00 Pm Dryland	4:30-5:00 Swim Skill Dryland on deck	6:00-7:00 Pm Dryland		4:00-5:00 Pm Swim Skill Dryland on deck
AG-Devo						
4.0 Hours Pool	5:00-6:00 Pm Pool			5:00-6:00 Pm Pool	5:00-5:45 Pm Swim Skill Dryland on deck	4:00-6:00 Pm Pool
1.75 Hours Dryland		6:00-7:00 Pm Dryland				
Rec and Rec +						
3 Hours Pool (2 or 3+ x/week)	3:30-4:30 Pm Pool		4:00-5:00 Pm Pool			4:00-5:00 Pm Pool
Masters						
5.0 Hours Pool (1 or 2+ x/week)			6:00-7:30 Am Trent			7:00-8:30 Am YMCA
	7:30-8:30 Pm YMCA			7:30-8:30pm YMCA		
Precompetitive						
2 Hours Pool				5:00-6:00 Pm Pool		9:00-10:00 Am Pool
1 hour Dryland	6:00-7:00 Pm Dryland					
Swim School						
1 practice time of 1.0 Hr/Wk					5:15-6:00 Pm Pool Trent	9:15-10:00 Am Pool Trent
						5:15-6:00 Pm Pool PSWC