



Catalina Schedule 2026/2027



Group	Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Elite	AM	RDP 6:00 - 7:10	Act 5:45 - 6:00 Swim 6:00 - 8:00	RDP 6:00 - 7:10	As required Act 5:45 - 6:00 Swim 6:00 - 7:30	Dryland as required	Act 5:45-6:00 Swim 6:00 - 8:00 Dryland as required	
	PM	Act 2:25 - 2:40 Swim 2:40 - 4:45	Act 2:25 - 2:40 Swim 2:40 - 4:45	Act 2:25 - 2:40 Swim 2:40 - 4:45	Act 2:25 - 2:40 Swim 2:40 - 4:45	Act 2:25 - 2:40 Swim 2:40 - 4:45 Dryland as required		
Senior	AM	RDP 6:00 - 7:10	Act 5:45 - 6:00 Swim 6:00 - 8:00	RDP 6:00 - 7:10		Dryland as required	Act 5:45-6:00 Swim 6:00 - 8:00 Dryland as required	
	PM	Act 2:25 - 2:40 Swim 2:40 - 4:00	Act 2:25 - 2:40 Swim 2:40 - 4:30	Act 2:25 - 2:40 Swim 2:40 - 4:00	Act 2:25 - 2:40 Swim 2:40 - 4:30	Act 2:25 - 2:40 Swim 2:40 - 4:45 Dryland as required		
Prospect	AM			RDP 6:00 - 7:10	Act 5:45 - 6:00 Swim 6:00 - 7:30		Act 7:45 - 8:00 Swim 8:00 - 10:00 Dry/Yoga 10:15 - 11:15	
	PM	Dry 4:45 - 5:45 Swim 5:45 - 7:15	Act 4:15 - 4:30 Swim 4:30 - 6:00 PC 6:00-6:15	Act 3:45 - 4:00 Swim 4:00 - 5:30	Act 4:15 - 4:30 Swim 4:30 - 6:00 PC 6:00-6:15	Act 4:30 - 4:45 Swim 4:45 - 6:45		
Provincial	AM			Act 5:45 - 6:00 Swim 6:00 - 7:30			Act 7:45 - 8:00 Swim 8:00 - 10:00 Dry/Yoga 10:15 - 11:15	
	PM	Dry 4:45 - 5:45 Swim 5:45 - 7:15	Act 4:30 - 4:45 Swim 4:45 - 5:45 PC 5:45-6:00		Act 4:30 - 4:45 Swim 4:45 - 5:45 PC 5:45-6:00	Dry (Deck) 4:45 - 5:15 Swim 5:15 pm - 6:45 pm		
Development	AM						REC CENTRE Act 6:30- 6:45 Swim 6:45-8:00	
	PM	Act 3:45-4:00 Swim 4:00-5:00	Dry 5:00 - 5:45 Swim 5:45 - 7:00		Dry 5:00 - 5:45 Swim 5:45 - 7:00	Act 4:00 - 4:15 Swim 4:15-5:15 PC 5:15-5:30		
Youth	AM						REC CENTRE Act 6:30- 6:45 Swim 6:45-8:00	
	PM		Dry 5:00 - 5:45 Swim 6:00 - 7:00		Dry 5:00 - 5:45 Swim 6:00 - 7:00	REC CENTRE Act 3:45-4:00 Swim 4:00- 5:00		
Junior Youth	AM							
	PM	Act 4:30 - 4:45 Swim 4:45 - 5:45		Act 5:15-5:30 Swim 5:30 - 6:30		REC CENTRE Act 3:45-4:00 Swim 4:00- 5:00		
Learn to Swim	AM						Group C 9:45-10:30	
	PM	Group A 1. 5:00 - 5:45 2. 5:45-6:30 Group C 6:30-7:15 pm	Group B 1. 5:00 - 5:45	Group A 1. 5:00 - 5:45 2. 5:45-6:30	Group B 1. 5:00 - 5:45			
		Dry = Dryland - Sport gear needed		Act = Activation		PC = Post Practice Stretching		