



Catalina Schedule 2025/2026



Standard Schedule								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior	AM	<u>RDP 6:00-7:00</u>	Act 5:45-6:00 <u>Swim</u> 6:00-8:00	<u>RDP 6:00-7:00</u>	As Required Act 5:45-6:00 <u>Swim</u> 6:00-8:00		Act 5:45-6:00 <u>Swim</u> 6:00-8:00 <u>PC</u> 8:00-8:15	
	PM	Act 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	Act 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	Act 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>PC</u> 4:45-5:00	Act 2:30-2:45 <u>Swim</u> 2:45-4:30 <u>PC</u> 4:45-5:00	Act 2:30-2:45 <u>Swim</u> 2:45-4:45 <u>Yoga or Activity</u> 5:00-6:00	Pilates TBD	
Prospect	AM				Act 5:45-6:00 <u>Swim</u> 6:00-7:30		Act 7:45-8:00 <u>Swim</u> 8:00-1000 <u>Yoga/Dry 1015-1115</u>	
	PM	<u>Dry</u> 4:45-5:45 <u>Swim</u> 5:45-7:15	Act 4:15-4:30 <u>Swim</u> 4:30-6:00 <u>PC</u> 6:00-6:15	Act 3:45-4:00 <u>Swim</u> 4:00-5:00 <u>Dry</u> 5:15-6:15	Act 4:15-4:30 <u>Swim</u> 4:30-6:00 <u>PC</u> 6:00-6:15	Act 4:30-4:45 <u>Swim</u> 4:45-6:45		
Provincial	AM			Act 5:45-6:00 <u>Swim</u> 6:00-7:30			Act 7:45-8:00 <u>Swim</u> 8:00-1000 <u>Yoga/Dry 1015-1115</u>	
	PM	<u>Dry</u> 4:45-5:45 <u>Swim</u> 6:00-7:15	Act 4:15-4:30 <u>Swim</u> 4:30-5:30 <u>PC</u> 5:30-5:45		Act 4:15-4:30 <u>Swim</u> 4:30-5:30 <u>PC</u> 5:30-5:45	Act 4:30-4:45 <u>Swim</u> 4:45-6:15		
Development	AM						REC CENTER Act 6:30-6:45 <u>Swim</u> 6:45-8:00	
	PM	Act 4:00-4:15 <u>Swim</u> 4:15-5:30	Act 5:15-5:30 <u>Swim</u> 5:30-6:30 <u>Dry</u> 6:30-7:00		Act 5:15-5:30 <u>Swim</u> 5:30-6:30 <u>Dry</u> 6:30-7:00	DAWE CENTER Act 3:45-4:00 <u>Swim</u> 4:00-5:00		
Youth	AM						REC CENTER Act 6:30-6:45 <u>Swim</u> 6:45-8:00	
	PM		<u>Dry</u> 5:30-6:00 <u>Swim</u> 6:00-7:00		<u>Dry</u> 5:30-6:00 <u>Swim</u> 6:00-7:00	REC CENTER Act 3:45-4:00 <u>Swim</u> 4:00-5:00		
Jr Youth	PM		<u>Dry</u> 5:30-6:00 <u>Swim</u> 6:00-7:00		<u>Dry</u> 5:30-6:00 <u>Swim</u> 6:00-7:00	REC CENTER Act 3:45-4:00 <u>Swim</u> 4:00-5:00		
Learn to Swim	PM	(1) 5:00-5:45 (2) 5:45-6:30	(1) 5:00-5:45	(1) 5:00-5:45 (2) 5:45-6:30	(1) 5:00-5:45		LTS: TBD	
		Dry = Dryland - Sport gear needed		Act = Activation	IP = Injury Prevention dryland			