This Schedule does NOT begin UNTIL we move into the NEW POOL (ALC).

ACTIVE LIVING CENTRE SCHEDULE - NEW POOL

Vernon Kokanee Training Schedule 26/27 Season

Sr / Perf	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM		Activation - 5:45 Pool - 6:00-7:30	Activation - 5:45 Pool - 6:00-7:30	Sr Perf ONLY Activation - 5:45 Pool - 6:00-7:30		Activation - 5:45 Pool - 6:00-8:00	
PM	Activation - 3:15 Pool - 3:30-5:30	Activation - 3:15 Pool - 3:30-5:30		Activation - 3:15 Pool - 3:30-5:30	Activation - 3:15 Pool - 3:30-5:30		

Jr Perf	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM			Activation - 5:45 Pool - 6:00-7:30			Activation - 5:45 Pool - 6:00-7:30	
PM	Activation - 3:15 Pool - 3:30-5:00	Activation - 3:15 Pool - 3:30-5:00	Activation - 3:15 Pool - 3:30-5:30		Activation - 3:15 Pool - 3:30-5:30		

Dev	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						Activation - 7:15 Pool - 7:30-9:00	
PM	Activation - 4:45 Pool - 5:00-6:00	Activation - 4:45 Pool - 5:00-6:00	Activation - 3:15 Pool - 3:30-5:30	Activation - 4:15 Pool - 4:30-6:00			

Jr Dev	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						Activation - 7:45 Pool - 8:00-9:00	
PM	Activation - 5:15 Pool 5:30-6:30		Activation - 5:15 Pool 5:30-6:30		Activation - 5:15 Pool 5:30-6:30		

PARA	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM			Activation - 5:15 Pool 5:30-6:30		Activation - 5:15 Pool 5:30-6:30		
PM							