

This Schedule begins on September 8th at the VRC.

VERNON RECREATION CENTRE SCHEDULE

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		Sr Perf ONLY Activation - 5:45 Pool - 6:00-7:30		Activation - 6:15 Pool - 6:30-8:30	
PM	Dryland - 4:30-4:50 Activation - 4:45 Pool - 5:00-7:00	Activation - 4:45 Pool - 5:00-7:00	Dryland - 4:30-4:50 Activation - 4:45 Pool - 5:00-7:00	Activation - 4:45 Pool - 5:00-7:00	Activation - 4:45 Pool - 5:00-7:00		

Jr Perf	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						Activation - 6:15 Pool - 6:30-8:30	
PM	Activation - 4:45 Pool - 5:00-6:00 Dryland - 6:10-6:30	Activation - 4:45 Pool - 5:00-7:00	Activation - 4:45 Pool - 5:00-6:00 Dryland - 6:10-6:30	Activation - 4:45 Pool 5:00-7:00	Activation - 4:45 Pool - 5:00-7:00		

Dev	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						Activation - 6:15 Pool - 6:30-8:30	
PM	Activation - 5:45 Pool - 6:00-7:00	Activation - 5:45 Pool - 6:00-7:00	Activation - 5:45 Pool - 6:00-7:00	Activation - 4:45 Pool - 5:00-7:00			

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

PARA	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM						8:30-9:30	
PM		5:00-6:00					

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							