

CKASC CLUB SCHEDULE 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday	NOTES
JUNIOR	U OF C DRYLAND 5:30-7:30PM (Gymnastics Centre) POOL 7:30PM-9PM	U OF C DRYLAND 6PM-7PM (Fitness Studio) POOL 7PM-9PM Coach - Elise	NO TRAINING ON WEDNESDAYS	U OF C DRYLAND 5:30PM-7PM (Gymnastics Centre) POOL 7PM-9PM Coach - Elise	SETON POOL 2PM-6PM Coach - Elise	SETON 1PM-5PM Coach - Alison	*Note: Sunday practices at U of C if Seton is closed due to events. Time TBC
13-15 NS	U OF C DRYLAND 5:30-7:30PM POOL 7:30PM-9PM	U OF C DRYLAND 6PM-7PM POOL 7PM-9PM	NO TRAINING ON WEDNESDAYS	U OF C DRYLAND 6PM-7PM POOL 7PM-9PM	SETON Pool 6PM-9PM Coach - Laurel	SETON 1:30PM-5PM Coach - Laurel	
NS DUETS AND SOLO OPTIONS	No Training	U OF C 9PM-9:30PM Coach - Laurel	SETON (Wednesdays are required for all solos and duets) POOL TIME - 6PM-9PM Coach - Pam (Sam),	U OF C 9PM-9:30PM Coach - Shannon	Before or after team practices Coach - Jaime, Elise, Laurel	No Training	
13-15/1620 PINK	U OF C DRYLAND 6-7:30PM POOL 7:30PM-9PM Coach - Sam	NO TRAINING	POOL LOCATION TO BE CONFIRMED (U OF C OR MRU) DRYLAND 6PM-7PM POOL 7PM-9PM	NO TRAINING	NO TRAINING	SETON 12PM-1PM - Flex with Sue 1PM-4PM - Pool Coach - Sam	Sunday practices at U of C if Seton is closed due to events. Time TBC
13-15 SILVER	U OF C DRYLAND 6-7:30PM POOL 7:30PM-9PM Coach - Lauren	NO TRAINING	POOL LOCATION TO BE CONFIRMED (U OF C OR MRU) DRYLAND 6PM-7PM POOL 7PM-9PM	NO TRAINING	NO TRAINING	SETON 12PM-1PM - Flex with Sue 1PM-4PM - Pool Coach - Lauren	Sunday practices at U of C if Seton is closed due to events. Time TBC
13-15/16-20/NOVICE DUET SOLO PRACTICE OPTIONS		U OF C OR MRU 7PM-9PM		U OF C OR MRU 7PM-9PM	SETON 7PM-9PM, MRU 7:30PM-9PM		*Times available will depend on coach availability

11-12 PINK	NO TRAINING	MRU 5:30PM-6:15PM - Dryland with Kimberly 6:15PM-7PM - Strength with Jeff 7PM-8:30PM - Pool Coach - Kimberly	NO TRAINING	MRU 6PM-7PM - Flex with Sue 7PM-9PM - Pool Coach - Michelle	NO TRAINING	SETON 9AM-1PM Coach - Kimberly	*Note: Sunday practices at U of C if Seton is closed due to events. Time TBC
11-12/NOVICE SILVER	NO TRAINING	MRU 5:30PM-6:15PM - Strength with Jeff 6:15PM-7PM - Dryland with Amy 7PM-8:30PM - Pool Coach - Amy	NO TRAINING	MRU 6PM-7PM - Flex with Sue 7PM-9PM - Pool Coach - Amy	NO TRAINING	SETON 11AM-12PM- Flex with Sue 12PM-3PM - Pool Coach - Pam	*Note: Sunday practices at U of C if Seton is closed due to events. Time TBC
11-12/NOVICE DUET AND SOLO PRACTICE OPTIONS	U OF C 7PM-9PM		U OF C or MRU (pool TBC), 7:30PM- 9PM or SETON 6PM-		MRU 6:30PM-9PM, SETON 2PM-4PM or 7PM-9PM		Practice times will depend on coach availability
U10	Killarney Pool Pool - 4:30PM-6PM		Killarney Pool Dryland 4:30PM- 5PM Pool - 5PM-6PM			SETON 10AM-11AM - Flex with Sue 11AM-12:30PM - Pool	*Note: Sunday practices at U of C if Seton is closed due to events. Time TBC
U10 Duet/Solo Options					SETON 6:30PM- 8PM or MRU 6PM-		Practice times will depend on coach availability
PRE COMP PINK	Killarney Pool 4:30PM-6PM Coach - Jessica		Killarney Pool 4:30PM-5PM- Dryland 5PM-6PM - Pool Coach - Jessica				

PRE COMP SILVER		Killarney Pool 4:30PM-5PM- Dryland 5PM-6PM - Pool Coach - Isabella			Killarney Pool 4:30PM-6PM Coach - Isabella		
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