

July 5- August 5th Schedule:

Port Moody Aquarians

Group	Monday	Tuesday	Wednesday	Thursday	Friday
A Group:		W- 7:00- 8:30am		W- 7:00- 8:30am	W - 7:00- 8:30am
	R - 4:30 – 6:00pm *	W- 4:45 – 6:00pm	W - 4:30 – 6:00pm*	W- 4:45 – 6:00pm	
B Group:		W- 7:00- 8:30am		W- 7:00- 8:30am	W - 7:00- 8:30am
	W - 4:30 – 6:10pm *	R - 4:45 – 6:10pm	R - 4:30 – 6:10pm*		R - 4:45 – 6:10pm
Development:		R - 7:00-8:15am			
	W - 4:45 – 6:00pm		W - 4:30 – 6:00pm*	R - 4:45 – 6:00pm	W - 4:45 – 6:00pm
Aquasplashers:	W – 5:00 – 5:30pm Or W – 5:30 – 6:00pm		W – 5:00 – 5:30pm Or W – 5:30 – 6:00pm		W – 5:00 – 5:30pm Or W – 5:30 – 6:00pm
Diving:		W – 7:00 – 8:30am*			W – 7:00 – 8:30am*
	W- 4:30 – 6:00pm*	W- 4:30 – 6:00pm*	W- 4:30 – 6:00pm*	W- 4:30 – 6:00pm*	
Water Polo:					
		W - 7:45 – 9:15pm	W - 7:45 – 9:15pm	W - 7:45 – 9:15pm	
Masters:		W or R - 7:30-8:30am		W - 7:00- 8:30am	W - 7:00- 8:30am
		W - 8:00 – 9:30pm	W - 8:00 – 9:30pm	W - 8:00 – 9:30pm	R or W- 5:00-6:00pm

***Dryland included – please come with appropriate clothes and runners.**

W = Westhill Pool

R = Rockypoint Pool