

May 21- Mid June Schedule:

Port Moody Aquarians

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

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

-All practices include a 15min warm up time