



TPRR SCHEDULE FOR 2022-2023

(updated Sept. 27, 2022)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:45-8:15 AM	COMP				
5:30-6:30PM		DEV 1 DEV2 COMP 2	DEV 2 COMP 1 COMP 2	DEV 1 DEV 2 COMP 2	DEV 1 COMP 1 COMP 2
6:30-7:30PM		DEV 3 COMP 1 COMP 2	DEV 3 COMP 1 COMP 2	DEV 3 COMP 1 COMP 2	COMP1 COMP 2

COMPS DO DRYLAND ON MON/WED/FRI FOR 30MNS AT BEGINNING OF PRACTICE. SHORTS, T-SHIRT, AND INDOOR RUNNING SHOES ARE STRONGLY RECCOMENDED FOR DRYLAND***

****SATURDAY TEAM PRACTICES 10:30-12:30 ON THE FOLLOWING DATES:**

October 15

March 18

November 5

April 15

January 21

June 3

*****Pool is closed for all national and provincial holidays. Also, practices are often cancelled when there's a swim meet or a PD day. See website and live calendar for more info:**