



TPRR SCHEDULE FOR 2023-2024

(version August 22, '23)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30PM	Dryland 5-6pm at Opasquia Gym	Dev 1 Dev 2 Comp 2	Dev 1 Dev 2 Comp 1&2	Dev 1 Dev 2 Comp 2	
6:30-7:30PM		Dev 3 Comp 1&2	Dev 3 Comp 1&2	Dev 3 Comp 1&2	

***All groups have an hour dryland on Mondays 5-6pm at Opasquia Gym**

***Comp 1&2 have 30mns dryland on Wednesday**

***Indoor shoes, shorts, t-shirt are required for dryland sessions**

****SATURDAY TEAM PRACTICES 10:30-12:30: (dates T.B.D.)**

*****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 list of cancellations**