Westhill Pool Schedule: May 1st - June 15th

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Masters	Black/Red	Black	Red/White	Black
	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am	Activation: 6:15-6:30am
	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am	Swim: 6:30-7:30am
PM	MINIs/AquaSplashers	MINIs	MINIs/AquaSplashers		MINIs/AquaSplashers
	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm	Activation: 4:15-4:30pm		Activation: 4:15-4:30pm
	Swim: 4:30-5:00pm	Swim: 4:30-5:00pm	Swim: 4:30-5:00pm		Swim: 4:30-5:00pm
	MINIs/AquaSplashers	MINIs	MINIs/AquaSplashers		MINIs/AquaSplashers
	Activation: 4:45-5:00pm	Activation: 4:45-5:00pm	Activation: 4:45-5:00pm		Activation: 4:45-5:00pm
	Swim: 5:00-5:30pm	Swim: 5:00-5:30pm	Swim: 5:00-5:30pm		Swim: 5:00-5:30pm
	Orca	Orca	Orca	Orca	Orca
	Activation: 4:15-4:30pm	Activation: 4:00-4:30pm	Activation: 4:15-4:30pm	Activation: 4:00-4:30pm	Activation: 4:15-4:30pm
	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm	Swim: 4:30-5:30 pm
	White	White	White	White	White
	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm	Dryland: 5:00-5:30pm
	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm	Swim: 5:30-6:30 pm
	Black	Black	Red	Black	Red
	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm	Dryland: 6:00-6:30pm
	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm	Swim: 6:30-7:30 pm
	Red	Red	Black	Red	Black
	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm	Activation: 7:15-7:30pm
	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm	Swim: 7:30-8:30 pm
	Masters		Masters	Masters	
	Activation: 8:15-9:30pm		Activation: 8:15-9:30pm	Activation: 8:15-9:30pm	
	Swim: 8:30-9:30 pm		Swim: 8:30-9:30 pm	Swim: 8:30-9:30 pm	

Saturday
May 9, 16 & 23 Clinics
Orca
Activation: 9:15-9:30am
Swim: 9:30-10:30am
White
On-Land Work: 10:00-10:30am
Swim: 10:30-11:30am
Red
On-Land Work: 11:00-11:30am
Swim: 11:30-12:30pm
Black
Activation: 12:00-12:30pm
Swim: 12:30-1:30pm
Masters
Activation: 1:00-1:30pm
Swim: 1:30-2:30 pm

IMPORTANT DATES & SWIM MEETS
May 15th: Red and Black Meet (Team Time Trial 4:00-9:00pm)
May 18th: No Swimming Victoria Day
May 30th - Poco Dual Meet
June 6 - 7 – Burnaby Mountain Mantas Meet (Centennial Park, Port Coquitlam)
June 13 - 14 – Burnaby Barracudas Meet (Central Park, Burnaby)
June 19 - 21 – Port Coquitlam Marlins Meet (Centennial Park, Port Coquitlam)
Friday: Development groups only
June 26 - 28 – Home Meet – Golden Spike
Friday: Development groups only
July 4 - 6 – Away Meet – Penticton
July 11-12 (TBD) Vancouver Vikings or WRASA
July 13 - 17 – Challenge Week
July 17 - 19 – Coquitlam Sharks Meet
Friday: Development groups only
July 31 - August 2 – Simon Fraser Regionals
August (TBD) – End-of-Season Pool Party
August 5 - 14 – Final weeks of practices
Non-qualifiers: final week of practices
Qualifiers: two weeks of practices
August 14 - 16 – Provincial Championships, Kamloops, BC
September (TBD) – AGM and Awards