

March 2010 Neptunes Training Schedule – Pan Am Pool & Cindy Klassen Rec. Centre

REGULAR WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:45 am–1:00 pm CB/YB vs. men scrimmage	6:00-7:00 pm Squirr and Atom Splashdown (CKRC) 6:00-6:30 pm "New Swimmers" Splashdown (CKRC) 7:00-8:45 pm CB/YB (PAP-MT) 8:30-9:30 pm Men's Scrimmage (PAP-TT)	8:00-9:15 pm Splashdown and Competitive BB/BG (PAP-MT) 8:00-9:30 pm CG/YG (PAP- TT) 8:00-9:00 pm Women's Scrimmage (PAP-TT)	7:15-8:00 pm Dryland (PAP) 8:00-9:30 pm CG/YG (TT) 8:00-9:30 pm CB/YB (MT)	7:00-8:00 pm Splashdown Squirrs/Atoms (CKRC) 8:00-9:30 pm Adult Rec. League (PAP-TT)		2:00-3:00 pm Splashdown Squirrs/Atom 2:00-4:00 pm Competitive Bantams 2:00-3:00 pm Dryland 3:00-5:00 pm CG/YG/OW 3:00-5:00 pm CB/YB/OM (All practices in PAP-TT)

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	Ontario Provincials Cadet/Youth boys	Ontario Provincials Cadet and Youth boys in Toronto Cadet and Youth Boys Practice Cancelled All other practices as scheduled
7	8	9	10	11	12	13
Ontario Provincials Cadet and Youth boys	Cadet and Youth Practice CANCELLED	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE Neptunes Board Meeting 7:00pm	REGULAR WEEKLY SCHEDULE		Special O in our practice space Squirr and Atom Practice Cancelled Bantam/Cadet/Youth Swim practice in shallow end of training tank 3-4 pm
14	15	16	17	18	19	20
REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE		REGULAR WEEKLY SCHEDULE
21	22	23	24	25	26	27
REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE	REGULAR WEEKLY SCHEDULE		Swim meet in our practice space ALL PRACTICES CANCELLED Saskatchewan Provincials Atoms and Bantams in Saskatoon
28	29	30	31			
REGULAR WEEKLY SCHEDULE Saskatchewan Provincials Atoms + Bantams in Sask.	ALL PRACTICES CANCELLED	ALL PRACTICES CANCELLED	REGULAR WEEKLY SCHEDULE			

BB/BG – Bantam Boys & Bantam Girls
 CB/CG – Cadet Boys & Cadet Girls
 YB/YG – Youth Boys & Youth Girls
 OM/OW – Open Men & Open Women

PAP-MT – Pan Am Pool (Main tank)
 PAP-TT – Pan Am Pool (Training tank)
 CKRC – Cindy Klassen Recreation Centre, 999 Sargent Avenue