



START-UP TRAINING SCHEDULE for 2009/2010 Season

National Group - Coach Dave Guthrie

Monday, September 14, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Wednesday, September 16, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Friday, September 18, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Monday, September 21, 2009: 5:00 - 8:00 pm swim/dry-land at Pan Am Pool

Tuesday, September 22, 2009: 5:00 - 8:00 pm swim/dry-land at Pan Am Pool

Wednesday, September 23, 2009: 5:00 - 8:00 pm swim/dry-land at Pan Am Pool

Thursday, September 24, 2009: 5:00 - 8:00 pm swim/dry-land at Pan Am Pool

Friday, September 25, 2009: 6:00 - 8:00 pm swim/dry-land at Pan Am Pool

Monday, September 28, 2009: Regular Group Schedule Begins at Pan Am Pool

Top Age Group - Coach Wendy Shewchuk

Monday, September 14, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Wednesday, September 16, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Friday, September 18, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Monday, September 21, 2009: 6:00 - 7:30 pm swim/dry-land at CKRC

Tuesday, September 22, 2009: 6:00 - 8:00 pm swim/dry-land at Pan Am Pool

Wednesday, September 23, 2009: 5:30 - 8:00 pm swim/dry-land at Pan Am Pool

Thursday, September 24, 2009: 6:00 - 8:00 pm swim/dry-land at Pan Am Pool

Friday, September 25, 2009: 5:00 - 8:00 pm swim/dry-land at Pan Am Pool

Monday, September 28, 2009: Regular Group Schedule Begins at Pan Am Pool

Age Group Elite - Coach Hannelore Wurmman

Monday, September 14, 2009: 5:30 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Wednesday, September 16, 2009: 5:30 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Friday, September 18, 2009: 5:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Tuesday, September 22, 2009: 6:00 - 8:00 pm swim/dry-land at Pan Am Pool

Wednesday, September 23, 2009: 5:30 - 7:30 pm swim/dry-land at CKRC

Thursday, September 24, 2009: 6:00 - 8:00 pm swim/dry-land at Pan Am Pool

Friday, September 25, 2009: 6:00 - 8:00 pm swim/dry-land at Pan Am Pool

Monday, September 28, 2009: Regular Group Schedule Begins at Pan Am Pool

Age Group Development - Amy Brown

Monday, September 14, 2009: 5:30 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Wednesday, September 16, 2009: 5:30 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Friday, September 18, 2009: 5:30 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Monday, September 21, 2009: 6:30 - 8:00 pm swim/dry-land at Pan Am Pool

Tuesday, September 22, 2009: 6:30 - 8:00 pm swim/dry-land at Pan Am Pool

Thursday, September 24, 2009: 5:00-6:30 pm swim/dry-land at Pan Am Pool

Friday, September 25, 2009: 6:30 - 8:00 pm swim/dry-land at Pan Am Pool

Monday, September 28, 2009: Regular Group Schedule Begins at Pan Am Pool

Super Squad Green - Coach Carl Bartel

Monday, September 14, 2009: 6:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Wednesday, September 16, 2009: 6:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Friday, September 18, 2009: 6:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Monday, September 21, 2009: 6:00 - 7:00 pm swim/dry-land at Pan Am Pool

Wednesday, September 23, 2009: 6:00 - 7:00 pm swim/dry-land at Pan Am Pool

Thursday, September 24, 2009: 6:00 - 7:00 pm swim/dry-land at Pan Am Pool

Monday, September 28, 2009: Regular Group Schedule Begins at Pan Am Pool

Super Squad Gold - Coach Carl Bartel

Monday, September 14, 2009: 6:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Wednesday, September 16, 2009: 6:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Friday, September 18, 2009: 6:00 - 7:00 pm dry-land at Assiniboine Park Duck Pond

Monday, September 21, 2009: 7:00 - 8:00 pm swim/dry-land at Pan Am Pool

Wednesday, September 23, 2009: 7:00 - 8:00 pm swim/dry-land at Pan Am Pool

Thursday, September 24, 2009: 7:00 - 8:00 pm swim/dry-land at Pan Am Pool

Monday, September 28, 2009: Regular Group Schedule Begins at Pan Am Pool

Mini Marlins

Monday, September 28, 2009: Program begins at Pan Am Pool for Minis