

June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 CWG Top 17 Information Meeting Sport for Life Centre Theatre 6pm – 7:30pm	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 KICK-OFF WEEK: June 26 – July 2	26 Choreography Camp Pan Am Pool 12pm – 5pm RG Workshop
27 Choreography Camp Pan Am Pool 9am – 3pm	28 9:30am – 11 am Hot Yoga (meet at 9 am) 11am – 12:30pm Lunch & travel to AAC 12:30pm – 2:30 pm Land 2:30pm – 3:30pm Flex	29 9:30am – 11 am Hot Yoga (meet at 9 am) 11am – 12:30pm Lunch & travel to AAC 12:30pm – 2:30 pm Land 2:30pm – 3:30pm Flex	30 TESTING DAY 9:30am – 11 am Hot Yoga (meet at 9 am) 11am – 12:30pm Lunch & travel to AAC 12:30pm – 2:30 pm Land 2:30pm – 3:30pm Flex	Hot yoga – Stafford Hot Yoga <ul style="list-style-type: none"> 677 E Stafford at Pembina Highway Team Land and flex sessions – Assiniboine Athletic Club (AAC) <ul style="list-style-type: none"> 401-83 Garry Street Parking: meters on street or free parking at Forks and walk <i>**Need to arrange travel/ carpools from Stafford Hot Yoga to AAC</i>		



2011 CWG Synchro Team Summer Training Schedule



July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Team Land and flex sessions – Assiniboine Athletic Club (AAC) <ul style="list-style-type: none"> • 401-83 Garry Street • Parking: meters on street or free parking at Forks and walk • Sessions may be held at other locations (Garbage Hill, Assiniboine Park, etc. – you will receive notice in advance) 				1 CANADA DAY <i>No training</i>	2 9:30am – 11 am Hot Yoga (meet at 9 am) 11am – 12:30pm Lunch & travel to AAC 12:30pm – 2:30 pm Land 2:30pm – 3:30pm Flex	3
4	5 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	6	7 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	8	9 9am-11am Land 11am – 12pm Flex	10
11	12 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	13	14 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	15	16 9am-11am Land 11am – 12pm Flex	17
18	19 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	20	21 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	22	23 9am-11am Land 11am – 12pm Flex	24
25	26 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	27	28 TESTING DAY 9am – 11am Land: 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	29	30 9am-11am Land 11am – 12pm Flex	31

August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CIVIC HOLIDAY <i>No training</i>	3	4 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	5	6 12pm – 1pm Flex 1pm -330pm Water	7
8	9 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	10	11 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	12	13 Cindy Klassen Pool CWG Simulation 12pm – 1pm Flex 1pm -330pm Water	14
15	16 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	17	18 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	19	20 12pm – 1pm Flex 1pm -330pm Water	21
22	23 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	24	25 TESTING DAY 9am – 11am Land: 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	26	27 12pm – 1pm Flex 1pm -330pm Water	28
29	30 9am – 11am Land 11am – 12pm Flex 12pm – 1pm Lunch 1pm-330pm Water	31 PHASE 3 TRIALS Step 1 & 2 only 5-8 pm Cindy Klassen Pool	Team Land and flex sessions – Assiniboine Athletic Club (AAC) <ul style="list-style-type: none"> • 401-83 Garry Street • Parking: meters on street or free parking at Forks and walk Sessions may be held at other locations (Garbage Hill, Assiniboine Park, etc. – you will receive notice in advance) <i>Top 10 Announcement will happen no later than 7 days after Phase 3 Trials (selection policy)</i>			