

2011-2012 Legends Training Schedule

There may be some changes once our pool time is finalized.

Pre-Competitive Little Legends Monday/Wednesday

Monday	3:25-4:45pm	Aquarena
Wednesday	3:25-4:45pm	Aquarena

Pre-Competitive Little Legends Tuesday/Thursday

Tuesday	3:25-4:45pm	Aquarena
Thursday	3:25-4:45pm	Aquarena

Age Group Introduction

Tuesday	4:30-6:30pm	Aquarena
Thursday	3:15-5:15pm	Aquarena
Friday	3:15-5:15pm	MUN Pool
Saturday	6:30-9:30am (sept/oct/may/june) 6:30-9:00am (nov-apr)	Aquarena

Age Group Fundamentals

Monday	3:15-5:30pm	Aquarena
Wednesday	3:15-5:30pm	MUN Pool
Thursday	4:45-6:30pm	MUN Pool
Saturday	6:30-9:30am (sept/oct/may/june) 6:30-9:00am (nov-apr)	Aquarena

Age Group Youth

Tuesday	3:15-5:30pm	MUN Pool
Wednesday	3:15-5:30pm	Aquarena
Friday	3:15-5:15pm	Aquarena
Saturday	6:30-9:30am (sept/oct/may/june) 6:30-9:00am (nov-apr)	Aquarena

Age Group Development

Monday	3:15-5:45pm	Aquarena
Tuesday	5:45-7:30am	Aquarena
Wednesday	3:15-5:45pm	Aquarena
Friday	4:45-6:30pm	MUN Pool
Saturday	6:30-9:30am (sept/oct/may/june) 6:30-9:00am (nov-apr)	Aquarena

Age Group Achievement

Monday	3:15-5:30pm	MUN Pool
Tuesday	5:45-7:30am	Aquarena
Wednesday	3:15-5:45pm	Aquarena
Friday	3:15-5:15pm	Aquarena
Saturday	6:30-9:30am (sept/oct/may/june) 6:30-9:00am (nov-apr)	Aquarena

Age Group Performance

Monday	3:15-5:15pm	MUN Pool
Tuesday	3:15-5:45pm	Aquarena
Wednesday	5:45-7:30am	MUN Pool
	3:15-5:45pm	MUN Pool
Friday	5:45-7:30am	Aquarena
Saturday	6:30-9:30am (sept/oct/may/june)	6:30-9:00am (nov-apr) Aquarena

Top 3

Monday	5:45-7:30am	MUN Pool
Tuesday	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	MUN Pool
Wednesday	3:15-5:45pm	Aquarena
Thursday	5:45-7:30am	MUN Pool
Friday	3:15-5:15pm	Aquarena
Saturday	6:30-9:30am (sept/oct/may/june)	6:30-9:00am (nov-apr) Aquarena

Top 2

Monday	5:45-7:30am	MUN Pool
	3:15-5:45pm	Aquarena
Tuesday	6:30-7:30am	Soccer Centre(optional)
	3:15-5:45pm	Aquarena
Wednesday	5:45-7:30am	MUN Pool
Thursday	4:45-6:30pm	MUN Pool
Friday	5:45-7:30am	Aquarena
Saturday	6:30-9:30am (sept/oct/may/june)	6:30-9:00am (nov-apr) Aquarena

Top 1

Monday	5:20-7:30am	Aquarena
	3:15-5:15pm	Aquarena
Tuesday	6:30-7:30am	Soccer Centre
	3:15-5:15pm	Aquarena
Wednesday	5:20-7:30am	Aquarena
Thursday	5:20-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday	3:15-5:15pm	Aquarena
Saturday	7:00-10:15am	MUN Gym + Aquarena

National

Monday	5:20-7:30am	Aquarena
	4:15-6:45pm	MUN Pool
Tuesday	6:30-7:30am	Soccer Centre
	3:15-5:15pm	Aquarena
Wednesday	5:20-7:30am	Aquarena
Thursday	5:20-7:30am	Aquarena
	3:15-5:00pm	Aquarena
Friday	3:15-5:15pm	Aquarena
Saturday	7:00-10:15am	MUN Gym + Aquarena

Memorial Sea-Hawks

Monday	6:30-8:30am	Aquarena
	4:45-6:45pm	MUN Pool
Tuesday	6:00-8:00am	MUN Gym
	4:45-6:30pm	MUN Pool
Wednesday	6:30-8:30am	Aquarena
	4:45-6:45pm	MUN Pool
Thursday	6:30-8:30am	Aquarena
	4:30-6:15pm	Aquarena
Friday	4:45-6:30pm	MUN Pool
Saturday	8:00-11:00pm	Aquarena + MUN Gym
	4:00-6:00pm	MUN Pool