yellowknife polar bear schedule 2011/2012 season

Tadpoles Mon				
wed 4.15-4.45			TBC	
Dolphins (Do)	Mon	5:00 - 5:45	Dynamos	Mon 5.45-6.30
1.5 hours	Wed	5:00 - 5:45	1.5 hours	wed.545-630
Belugas	Mon	5:30 - 6:30		
2 hrs	wed	5.30-6.30		
Maco	mon	4.00-5:00		
Sharks 1	wed	4.00-5:00		
3.15 hrs	Sat	8:45 - 10:00		
Hammerhead	Mon	4:00-5:00		
Tigers	Wed	4:00-5:00		
3.15 hrs	Sat	8.45 - 10.00	7:45 - 9:00	Tigers
Cubs	Mon	4:00 - 5:00		
	Wed	4:00 - 5:00		
4.5 hrs	Fri	4:00 - 5:00		
	Sat	7:45 - 9:00		
Bronze	Mon	4.30-6.30	dryland from	
	Wed	4.30-6.30	dryland from	
7.00 hrs	Fri	4.30-6.30	swim	
	Sat	7:45 - 9:00		
Silver	Mon	4:30 - 6:30	dryland from	
	Wed	4:30 - 6:30	dryland from	
	Fri	4.30-6.30	swim	
	Sat	5:45 - 8:00	swim	

Monday	Deck	Shallow	1	2	3	4	5
4:00 - 4:15			maco	hm	tig	C	C
4:15 - 4:30		Tadpoles	maco	hm	tig	C	C
4:30 - 4:45	S	Tadpoles	maco	hm	tig	C	C
4:45 - 5:00	S	Tadpoles	maco	hm	tig	C	C
5:00 - 5:15		Do	Do	v	V	B	DO
5:15 - 5:30		Do	Do	v	V	B	DO
5:30 - 5:45		Do	be	v	V	B	B
5:45 - 6:00			Dyn	BE	V	B	B
6:00 - 6:15			Dyn	BE	V	B	B
6:15 - 6:30			Dyn	BE	V	B	B

Wednesday	Deck	Shallow	1	2	3	4	5
4:00 - 4:15			maco	tig	hm	C	C
4:15 - 4:30		Tadpoles	maco	tig	hm	C	C
4:30 - 4:45	B	Tadpoles	maco	tig	hm	C	C
4:45 - 5:00	B	Tadpoles	maco	tig	hm	C	C
5:00 - 5:15		Do	Do	v	V	B	do
5:15 - 5:30		Do	Do	v	V	B	do
5:30 - 5:45		Do	be	v	V	B	B
5:45 - 6:00			dyn	be	V	B	B
6:00 - 6:15			dyn	be	V	B	B
6:15 - 6:30			dyn	be	V	B	B

Friday	Deck	Shallow	1	2	3	4	5	
4:00 - 4:15		p/l	p/l	g	c	c	c	
4:15 - 4:30		p/l	p/l	g	c	c	c	pl
4:30 - 4:45		p/l	p/l	g	v	v	B	
4:45 - 5:00		p/l	p/l	g	v	v	B	
5:00 - 5:15		p/l		g	V	v	B	
5:15 - 5:30		p/l	start n t	g	V	v	B	
5:30 - 5:45		p/l	when n	g	V	v	B	

					5:45 - 6:00		p/l		g	V	v	B	
Gold	Mon	6:00 - 7:45			6:00 - 6:15		p/l	gold	g	V	B	B	
	Tues	5:45 - 7:45			6:15 - 6:30					V	B	B	
11.75 hrs	Wed	5:45 - 7:45											
	Thurs	5:45 - 7:45			**Saturday**	**Deck**	**Shallow**	**1**	**2**	**3**	**4**	**5**	
	Fri	5:45 - 7:45			**Morning**								
	Sat	5:45 - 8:00			6:00 - 7:45			V	V	G	G	G	
Jnr gold	rest T				7:45 - 8:00	b/c/t	b/c	V	V	G	G	G	
					8:00 - 8:15			tigers	cubs	c	B	B	
					8:15 - 8:30			tigers	cubs	c	B	B	
					8:30 - 8:45			tigers	cubs	c	B	B	
					8:45 - 9:00	maco	hm	tigers	cubs	c	B	B	
coaching staff					9:00 - 9:15			maco	hm				
					9:15 - 9:30			maco	hm				
jnr coaches ma					9:30 - 9:45			maco	hm				
					9:45 - 10:00			maco	hm				
alana/chris/lisa			daniel-backu										
keelan				Mary/Peter						Saturda			
keelan				Angie									
				John						peter	cubs/tig		
keelan				ian/daryl/jennifer						keelan	hm		
nancy				Stroke coach -jennife						keelan	maco		
nancy				fitness-racquet club						bronze	john/an		
Jane										stroke	jennifer		
										gold/sil			