



Yellowknife Polar Bear Weekly Swim Schedule 2010/11

Tadpoles Mon 4.15-4.45 wed 4.15-4.45		
Dolphins (Do) 1.5 hours	Mon 5:00 - 5:45 Wed 5:00 - 5:45	Dynamos Mon 5.45-6.30 wed.545-630 1.5 hours
Belugas 2 hrs	Mon 5:30 - 6:30 wed 5.30-6.30	
Maco Sharks 1 3.15 hrs	mon 4.00-5:00 wed 4.00-5:00 Sat 8:45 - 10:00	
Hammerhead Tigers 3.15 hrs	Mon 4:00-5:00 Wed 4:00-5:00 Sat 8.45 - 10.00	7.45 - 9:00 Tigers
Cubs 4.5 hrs	Mon 4:00 - 5:00 Wed 4:00 - 5:00 Fri 4:00 - 5:00 Sat 7:45 - 9:00	
Bronze 7.00 hrs	Mon 4.30-6.30 Wed 4.30-6.30 Fri 4.30-6.30 Sat 7.45 - 9:00	dryland from 4.30-5.00 dryland from 4.30-5.00 swim
Silver	Mon 4:30 - 6:30 Wed 4:30 - 6:30 Fri 4.30-6.30 Sat 5:45 - 8:00	dryland from 430-5.00 dryland from 430-5.00 swim swim
Gold 11.75 hrs	Mon 6:00 - 7:45 a.m. Tues 5:45 - 7:45 a.m. Wed 5:45 - 7:45 a.m. Thurs 5:45 - 7:45 a.m. Fri 5:45 - 7:45 a.m. Sat 5:45 - 8:00 a.m.	
Jnr gold	rest Thursday morn	



coaching staff

jnr coaches may change.

t-Lisa/Paulina	
Dol keelan /lisa/paulina/cassey	
Dyn-A	c-mary/A B John/Jennifer
Belugas-keelan	V jennifer/John
maco-cas/kee	gold-Jane
Hm-cassey	
tigers-cassey	
stroke -jennifer	

Monday	Deck	Shallow	1	2	3	4	5
4:00 - 4:15			maco	hm	tig	C	C
4:15 - 4:30			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	do	V	B	B
5:15 - 5:30		Do	Do	do	V	B	B
5:30 - 5:45		Do		Be	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			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	dol	V	B	B
5:15 - 5:30		Do	Do	dol	V	B	B
5:30 - 5:45		Do		be	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	b		c	c	c	pl	pl
4:15 - 4:30	s		c	c	c	pl	pl
4:30 - 4:45			c	c	v	B	B
4:45 - 5:00			c	c	v	B	B
5:00 - 5:15					v	B	B
5:15 - 5:30			start n turn when nec		v	B	B
5:30 - 5:45					v	B	B
5:45 - 6:00					v	B	B
6:00 - 6:15			gold		v	B	B
6:15 - 6:30					v	B	B
Saturday Morning	Deck	Shallow	1	2	3	4	5
6:00 - 7:45			V	V	G	G	G
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
9:00 - 9:15			maco	hm			
9:15 - 9:30			maco	hm			
9:30 - 9:45			maco	hm			
9:45 - 10:00			maco	hm			

Saturday coaching

mary/	cubs
Cassey	hm
keelan	maco
bronze	john
silver/gc	jennifer