

# VPSC Group Schedule 2007/08

<b>Age Group National</b>		
Monday	5:00 - 7:00 PM	UBC
Tuesday	4:30 - 7:00 PM	UBC
Wednesday	5:15 - 7:30 AM	UBC
	5:00 - 7:00 PM	UBC
Thursday	4:30 - 7:00 PM	UBC
Friday	5:15 - 7:30 AM	UBC
	5:00 - 7:00 PM	UBC
Saturday	5:45 - 8:00 AM	UBC

<b>Gold Dolphins</b>		
Monday	5:00 - 7:00 PM	UBC
Tuesday	4:30 - 6:30 PM	LBP
Wednesday	5:00 - 7:00 PM	UBC
Thursday	4:30 - 6:30 PM	LBP
Friday	5:45 - 7:30 AM	LBP
	5:00 - 7:00 PM	UBC
Saturday	5:45 - 8:00 AM	UBC
<i>Friday PM practice is by invitation based on attendance and performance</i>		

<b>Age Group Provincial</b>		
Monday	4:45 - 6:30 PM	StG
Tuesday	4:30 - 7:00 PM	UBC
Wednesday	5:15 - 7:15 AM	UBC
Thursday	4:30 - 7:00 PM	UBC
Friday	5:45 - 7:30 PM	StG
Saturday	5:45 - 8:00 AM	LBP

<b>Silver Dolphins</b>		
Monday	5:45 - 7:30 AM	LBP
Tuesday	4:45 - 7:00 PM	UBC
Wednesday	4:45 - 6:30 PM	StG
Thursday	4:45 - 7:00 PM	UBC
Friday	5:34 - 7:30 PM	StG
Saturday	5:45 - 9:00 AM	LBP

<b>Stroke Development &amp; Conditioning</b>		
Monday	4:45 - 6:30 PM	StG
Tuesday	6:15 - 7:30 AM	LBP
Wednesday	4:45 - 6:30 PM	StG
Thursday	6:15 - 7:30 AM	LBP
Friday	4:45 - 6:00 PM	StG

<b>Bronze Dolphins</b>		
Tuesday	5:30 - 7:00 PM	LBP
Wednesday	5:45 - 7:30 AM	LBP
Thursday	5:30 - 7:00 PM	LBP
Friday	4:15 - 6:00 PM	LBP
Saturday	5:45 - 7:30 AM	LBP

<b>Blue Dolphins</b>		
Monday	4:45 - 6:30 PM	StG
Wednesday	4:45 - 6:30 PM	StG
Friday	4:45 - 6:00 PM	StG
Saturday	7:15 - 9:00 AM	LBP
<i>5th practice will be added for provincial qualifiers</i>		

<b>Red Dolphins</b>		
Monday	5:30 - 7:00 PM	LBP
Wednesday	5:30 - 7:00 PM	LBP
Friday	4:15 - 6:00 PM	LBP
Saturday	7:45 - 9:00 AM	LBP

<b>White Dolphins</b>		
Monday	4:45 - 6:00 PM	LBP
Wednesday	4:45 - 6:00 PM	LBP
Saturday	7:45 - 9:00 AM	LBP

<b>Green Dolphins</b>		
Monday	4:45 - 6:00 PM	LBP
Wednesday	4:45 - 6:00 PM	LBP

<b>Junior Dolphins A</b>		
Monday	3:45 - 5:00 PM	LBP
Wednesday	3:45 - 5:00 PM	LBP

<b>Junior Dolphins B</b>		
Monday	4:45 - 6:00 PM	LBP
Wednesday	4:45 - 6:00 PM	LBP