



Season 2023-2024 Performance Groups

Pool Legend

AC = Appleby College (540 Lakeshore Road West)
 CCC = Clarkson Community Centre (2475 Truscott Drive)
 IRCC = Iroquois Ridge Community Centre (1051 Glenashton Drive)
 MAC = McMaster Pool (1280 Main Street West)
 OB = OAK Bunker (1121 Invicta Drive, Unit 2)
 OTCC = Oakville Trafalgar Community Centre (325 Reynolds Street)
 WO = White Oaks (1330 Montclair Drive)

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior National	WO: 3:45-5:55pm OB: 6:15-7:15pm	OTCC: 5:15-7:30am OTCC: 3:45-6:00pm	IRCC: 5:15-7:30am	WO: 3:45-5:45pm OB: 6:15-7:15pm	IRCC: 5:15-7:30am OB: 4:30-5:30pm IRCC: 5:45-8:00pm	MAC: 12:15-2:30pm	
Senior Performance	IRCC: 5:15-7:30am OB: 5:30-6:30pm	OB: 4:45-5:45pm OTCC: 6:00-8:00pm	WO: 5:15-7:30am IRCC: 5:45-7:30pm	OTCC: 5:15-7:30am	OB: 4:30-5:30pm IRCC: 5:45-8:00pm	MAC: 12:15-2:30pm	
Senior	CCC: 5:15-7:30am	AC: 7:30-9:15pm		OB: 4:45-5:45pm	CCC: 5:15-7:30am AC: 7:15-9:00pm	OB: 2:00-3:00pm WO: 3:15-5:30pm	IRCC: 5:30-8:00am
Junior National	IRCC: 5:15-7:30am OB: 4:45-5:45pm	WO: 3:45-6:00pm	IRCC: 5:15-7:30am OB: 4:15-5:15pm IRCC: 5:45-7:30pm	OB: 5:30-6:30pm WO: 6:45-8:30pm	IRCC: 3:45-6:00pm	MAC: 2:15-4:30pm	
Junior Performance	WO: 5:15-7:30am	OB: 5:30-6:30pm IRCC: 6:55-9:00pm	OB: 6:00-7:00pm	AC: 5:30-7:15am	IRCC: 5:15-7:30am WO: 3:45-6:00pm	IRCC: 5:15-7:00am	
Junior		CCC: 5:15-7:00am	CCC: 5:15-7:30am		OB: 5:30-6:30pm OTCC: 6:45-8:30pm	CCC: 5:45-7:30am	IRCC: 5:30-8:00am

****Attention all Members: This schedule is subject to change around holidays and pool closures. It is the responsibility of all members to discuss your group schedule with your respective coach on a regular basis to ensure that you are aware of any changes to the above schedule at any time throughout the season.****