

Oakville Aquatic Club



Performance Groups

NOVEMBER-DECEMBER

Starts: November 7

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)
 QEP = Queen Elizabeth Park Community and Cultural Center (2302 Bridge Rd.)
 WO = White Oaks (1330 Montclair Drive)

Groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior National	WO: 5:15-7:30am		IRCC: 5:15-7:30am		IRCC: 5:15-7:30am		
	WO: 3:45-6:00pm	OTCC: 3:45-6:00pm		WO: 3:45-5:15pm	IRCC: 3:30-6:00pm	MAC: 12:15-2:30pm	
	OB: 6:30-7:30pm			OB: 5:45-6:45pm	OB: 6:30-7:30pm		
Senior Performance		WO: 5:15-7:30am		OTCC: 5:15-7:30am	IRCC: 5:15-7:30am		
		OB: 4:30-5:30pm	OB: 5:15-6:15pm		IRCC: 3:45-6:00pm	MAC: 2:15-4:30pm	
		OTCC: 5:45-8:00pm	WO: 6:45-8:30pm		OB: 6:30-7:30pm		
Senior	QEP: 5:30-7:30am	OTCC: 5:15-7:30am		IRCC: 5:15-7:30am			
			OB: 4:30-5:30pm		OB: 5:15-6:15pm		
		AC: 7:00-8:45pm			OTCC: 7:00-8:30pm	OTCC: 6:30-8:30pm	
Junior National			IRCC: 5:15-7:30am	WO: 5:15-7:30am			IRCC: 5:45-8:00am
		WO: 3:40-5:55pm			OB: 4:30-5:30pm	MAC: 2:15-4:30pm	OB: 8:30-9:30am
		OB: 6:15-7:15pm		WO: 5:00-6:30pm	WO: 5:45-7:55pm		
Junior Performance	CCC: 5:15-7:30am			AC: 5:30-7:15am	CCC: 5:15-7:30am	IRCC: 5:15-7:00am	
		OB: 6:45-7:45pm					
		QEP: 8:00-9:30pm		OB: 4:00-5:00pm	AC: 6:30-8:15pm		
Junior		AC: 5:15-7:00am	WO: 5:15-7:30am			AC: 5:45-7:30am	
							OB: 5:30-6:30pm
					OTCC: 5:00-7:00pm		OTCC: 6:45-8:30pm

****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.****