

Oakville Aquatic Club



Performance Groups

OCTOBER-DECEMBER

Starts: September 29

Pool Legend

AC = Appleby College (540 Lakeshore Road West)
 CCC = Clarkson Community Centre (2475 Truscott Drive)
 GACC = Glen Abbey Community Centre (1415 Third Line)
 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		WO: 5:15-7:30am		WO: 5:15-7:30am		
	OB: 4:00-5:00pm	OTCC: 3:45-6:00pm		WO: 3:45-5:15pm	OB: 4:30-5:30pm	MAC: 2:15-4:30pm	
	WO: 5:15-7:30pm			OB: 5:45-6:45pm	WO: 5:40-7:55pm		
Senior Performance	QEP: 5:30-7:30am			AC: 5:30-7:15am		WO: 5:45-8:00am	
		OB: 4:30-5:30pm	OB: 5:30-6:30pm		WO: 3:45-5:55pm	MAC: 2:15-4:30pm	
		OTCC: 5:45-8:00pm	WO: 6:45-8:30pm		OB: 6:30-7:30pm		
Senior		CCC: 5:15-7:00am		OTCC: 5:45-6:15am (Dryland)	GACC: 5:45-7:30am	QEP: 5:30-7:30am	
		OTCC: 5:45-8:00pm (invite only)	OB: 4:00-5:00pm	OTCC: 6:30-7:30am	OTCC: 3:45-5:30pm	OB: 8:00-9:00am	
							OTCC: 6:30-8:30pm
Junior National		OTCC: 5:15-7:30am	QEP: 5:30-7:30am		CCC: 5:15-7:30am		OTCC: 5:30-7:30am
		WO: 3:40-5:55pm		OB: 4:00-5:00pm		MAC: 12:15-2:30pm	OB: 8:00-9:00am
			OB: 6:15-7:15pm	WO: 5:15-6:30pm			
Junior Performance	CCC: 5:15-7:30am			OTCC: 5:15-6:30am			WO: 5:45-8:00am
		OB: 6:45-7:45pm		OTCC: 6:45-7:15am (Dryland)	OB: 5:15-6:15pm	WO: 1:15-3:30pm	
		QEP: 8:15-9:30pm			AC: 6:30-8:15pm		
Junior	AC: 5:30-7:00am		CCC: 5:15-7:30am				
				OB: 6:15-7:15pm			MAC: 12:15-2:30pm
				WO: 7:30-8:30pm		OTCC: 6:30-8:30pm	

****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.**