

Oakville Aquatic Club



# Season 2025-2026 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: 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: 3:30-5:30pm   | IRCC: 3:30-6:00pm | MAC: 12:15-2:30pm |                   |
|                    | OB: 6:30-7:30pm  |                   |                   | OB: 6:00-7:00pm   | OB: 6:30-7:30pm   |                   |                   |
| Senior Performance |                  | WO: 5:15-7:30am   |                   | IRCC: 5:15-7:30am | IRCC: 5:15-7:30am |                   |                   |
|                    |                  | OB: 4:30-5:30pm   | OB: 4:30-5:30pm   |                   | IRCC: 3:30-6:00pm | MAC: 2:15-4:30pm  |                   |
|                    |                  | OTCC: 5:45-8:00pm | IRCC: 5:45-7:30pm |                   | OB: 6:30-7:30pm   |                   |                   |
| Senior             | AC: 5:15-7:00am  | OTCC: 5:15-7:30am |                   | IRCC: 5:15-7:30am |                   |                   |                   |
|                    |                  |                   | OB: 5:30-6:30pm   |                   | OB: 5:30-6:30pm   |                   |                   |
|                    |                  | AC: 7:00-8:45pm   |                   |                   | OTCC: 6:45-8:30pm | 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   | IRCC: 5:45-7:30pm |                   | WO: 5:55-7:55pm   |                   |                   |
| Junior Performance | CCC: 5:15-7:30am |                   |                   |                   | CCC: 5:15-7:30am  | IRCC: 5:15-7:00am |                   |
|                    |                  | OB: 5:30-6:30pm   |                   | OB: 4:00-5:00pm   |                   |                   |                   |
|                    |                  | IRCC: 6:45-9:00pm |                   | WO: 5:15-7:00pm   | AC: 6:30-8:15pm   |                   |                   |
| Junior             |                  | AC: 5:15-7:00am   | WO: 5:15-7:30am   |                   |                   | AC: 5:45-7:30am   |                   |
|                    |                  |                   |                   |                   | OTCC: 5:00-7:00pm |                   |                   |
|                    | OB: 5:30-6:30pm  |                   |                   |                   |                   |                   | 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.\*\*