

NYAC PRACTICE SCHEDULE 2009-2010

Updated September 15, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
National Coach: Murray Drudge	4:30-7:00 Glendon	5:45-7:15 Snow 4:30-7:00 Snow	4:00-6:30 Glendon	5:45-7:15 Snow 4:30-7:00 Snow	4:00-5:30 Glendon	6:00-9:30 Havergal *3:00-5:00 UofT	am pm
National Development Coach: John Calnan	5:30-7:15 Snow 4:30-6:30 Northview	4:30-6:30 Northview	5:30-7:15 Snow 4:30-6:30 Northview	4:30-6:30 Northview	4:30-6:30 Northview	5:30-7:15 Snow *3:00-5:00 UofT	am pm
Senior Coach: John MacLeod	5:00-6:30 Newtonbrook	5:00-6:30 Newtonbrook	5:30-7:15 Snow 5:00-6:30 Newtonbrook	5:00-6:30 Newtonbrook	5:00-6:30 Newtonbrook	5:30-7:15 Snow	am pm
Provincial 1 Coach: Sabrina Ng		6:00-7:30 Glendon 5:45-7:15 Snow	5:30-7:00 Glendon	6:00-7:30 Glendon 5:45-6:45 Snow	5:30-7:00 Glendon	7:15-8:45 Snow	am pm
Provincial 2 Coach: Laura Watts	5:15-6:45 Lawrence Park	5:15-6:45 Lawrence Park	5:15-6:45 Lawrence Park	5:15-6:45 Lawrence Park	5:15-6:45 Lawrence Park		am pm
Youth Coach: Suzy Simonetti	4:30-6:00 York Mills	4:30-6:00 York Mills	4:30-6:00 York Mills	4:30-6:00 York Mills		7:00-8:30 York Mills	am pm
Age 1 Coach: Julia Drozdowsky	5:00-6:30 Forest Hill		4:30-6:00 Forest Hill		5:00-6:30 Forest Hill	7:15-8:45 Snow	am pm
Age 2 Coach: Sarah Chan	6:00-7:30 AY Jackson		6:00-7:30 AY Jackson	5:45-7:15 Snow		7:15-8:45 Snow	am pm
Intro 1 Coach: Sarah Chan	4:45-6:00 AY Jackson		4:45-6:00 AY Jackson		4:45-6:00 AY Jackson		pm
Intro 2 Coach: Rebecca Suen		6:00-7:15 AY Jackson		6:00-7:15 AY Jackson	6:00-7:15 AY Jackson		pm
Intro 3 Coach: Rebecca Chud	6:45-8:00 Lawrence Park		6:45-8:00 Lawrence Park		6:45-8:00 Lawrence Park		pm
Intro 4 Coach: Melissa Conrad	6:30-7:45 Forest Hill			6:30-7:45 Forest Hill	6:30-7:45 Forest Hill		pm
Tri-Swim Coach: TBA	6:00-7:00 Glendon 7:30-8:45 Havergal		6:00-7:00 Glendon		5:45-7:15 Snow 7:30-8:45 Havergal		am pm
Waves 1 Coach: Sarah Chan		4:45-5:45 Snow		4:45-5:45 Snow			pm
Waves 2 Coach: Rebecca Suen		5:00-6:00 AY Jackson		5:00-6:00 AY Jackson			pm
Waves 3 Coach: Rebecca Chud		7:15-8:15 Havergal College		7:15-8:15 Havergal College			pm
Waves 4 Coach: TBA		5:00-6:00 Forest Hill		5:00-6:00 Forest Hill			pm