



2024-2025 Mississauga Artistic Swimming Practice Schedule

Stream	Age	Team Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Times Per Week	Weekly Total
Recreational	3-5	Level 1 Rec (3-5yr)							4:30-5:00PM (Huron)	1	0.5
Recreational	6-9	Level 2 Rec (6-9yr)							5:00-5:45PM (Huron)	1	0.75
Recreational	10-13	Level 3 Rec (10-13yr)							5:30-6:15pm (Erin)	1	1
Recreational	14-17	Level 4 Rec (14-17yr)							4:30-6:00PM (Huron)	1	1.5
Regional	10U	Red			7:00-8:30PM (Erin)				4:30-6:00PM (Huron)	2	3
Regional	11-12	Orange			7:00-9:00pm (Erin)				5:00-7:00PM (Huron)	2	4
Regional	13-15	Yellow				6:00-8:00PM (Huron)			5:30-7:30PM (Erin)	2	4
Regional	13-15	Green			7:00-9:00PM (Erin)				4:30-6:30PM (Huron)	2	4
Provincial	10U	Blue		6:30-8:30PM (Huron)		6:00-8:00PM (Huron)	1HR ZOOM		5:30-8:30PM (Erin)	4	8
Provincial	11-12	Purple			7:00-10:00PM (Erin)		1HR ZOOM	7:00-10:00AM (Huron)	6:30-9:30PM (Erin)	4	10
Provincial	Junior	Jr Training					1HR ZOOM	7:00-10:00AM (Huron)	7:00-10:00PM (Huron)	2	7
High Performance	11-12	Pink		7:30-10:00PM (Huron)		7:30-10:00PM (Huron)	1HR ZOOM	6:00-10:00AM (Huron)	10:00-2:00PM (Mac)	4	14
Masters	Masters	Rouge		7:00-8:30PM (Huron)						1	2

Subject to change based on pool availability, as of 2024-08-12