

SENIOR - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				5:30-7:00AM Swim LC TPASC 4:00-6:00PM Swim LC TPASC	5:30-7:00AM Swim TPASC 6:15-7:00 DL BCFC	6:30-9:00AM Swim LC TPASC
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
	4:00-6:00PM Swim Fieldgate 6:15-7:00PM WTS BCFC	5:30-7:00AM Swim TPASC 4:00-7:00PM Swim TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 WTS BCFC	5:30-7:00AM Swim LC TPASC 4:00-6:00PM Swim LC TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 DL BCFC	No Practices Thanksgiving Weekend!
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	5:30-7:00AM Swim TPASC 4:00-7:00PM Swim TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 WTS BCFC	5:30-7:00AM Swim LC TPASC 4:00-6:00PM Swim LC TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 DL BCFC	6:00-9:00AM Swim LC TPASC
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
	4:00-6:00PM Swim Fieldgate 6:15-7:00PM WTS BCFC	5:30-7:00AM Swim TPASC 4:00-7:00PM Swim TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 WTS BCFC	5:30-7:00AM Swim LC TPASC 4:00-6:00PM Swim LC TPASC	2026 Downtown Sprint Meet	2026 Downtown Sprint Meet
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
	4:00-6:00PM Swim Fieldgate 6:15-7:00PM WTS BCFC	5:30-7:00AM Swim TPASC 4:00-7:00PM Swim TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 WTS BCFC	5:30-7:00AM Swim LC TPASC 4:00-6:00PM Swim LC TPASC	4:00-6:00PM Swim Fieldgate 6:15-7:00 DL BCFC	6:00-9:00AM Swim LC TPASC

NOTES

WTS = Weights, DL = Dryland training, BCFC = Brooklin Community Fitness Club
 - Please have proper attire and dress appropriately for dryland/weights room
 - Equipment required for the first two weeks: Running shoes, Skipping rope, Water bottle, Paddles, pull buoy, band, Speedo fins, Snorkel, **WT BELTS BY OCT 1st please**
 - On time = 15 mins early

GOLD - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim TPASC	6:30-9:00AM Swim TPASC
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
	4:00-5:30PM Swim TPASC	4:00-5:30PM Swim Fieldgate	5:30-7:00AM Swim TPASC 4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate	No Practices Thanksgiving Weekend!
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	4:00-5:30PM Swim TPASC	5:30-7:00AM Swim TPASC 4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate	6:00-8:00AM Swim Fieldgate
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
	4:00-5:30PM Swim TPASC	4:00-5:30PM Swim Fieldgate	5:30-7:00AM Swim TPASC 4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate	2026 Downtown Sprint Meet
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
	4:00-5:30PM Swim TPASC	4:00-5:30PM Swim TPASC	5:30-7:00AM Swim TPASC 4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate	6:00-8:00AM Swim Fieldgate

NOTES	DL = Dryland training
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SILVER - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				5:30-7:00AM Swim Fieldgate	4:00-6:00PM Swim TPASC	7:30-9:00AM Swim Fieldgate
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	5:30-7:00AM Swim Fieldgate 5:30-7:00PM Swim TPASC		5:30-7:00AM Swim Fieldgate 5:00-6:00PM DL BCFC	4:00-6:00PM Swim TPASC	No Practices Thanksgiving Weekend!
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	5:30-7:00AM Swim Fieldgate 5:30-7:00PM Swim TPASC		5:30-7:00AM Swim Fieldgate 5:00-6:00PM DL BCFC	4:00-6:00PM Swim TPASC	7:30-9:00AM Swim Fieldgate
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	5:30-7:00AM Swim Fieldgate 5:30-7:00PM Swim TPASC		5:30-7:00AM Swim Fieldgate 5:00-6:00PM DL BCFC	4:00-6:00PM Swim TPASC	7:30-9:00AM Swim Fieldgate
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	5:30-7:00AM Swim Fieldgate 5:30-7:00PM Swim TPASC		5:30-7:00AM Swim Fieldgate 5:00-6:00PM DL BCFC	4:00-6:00PM Swim TPASC	7:30-9:00AM Swim Fieldgate

NOTES	DL = Dryland training
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BRONZE - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	7:30-9:00AM Swim Fieldgate
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
	5:30-7:00AM Swim AOP	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate		4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	No Practices Thanksgiving Weekend!
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate		4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	7:30-9:00AM Swim Fieldgate
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
	5:30-7:00AM Swim AOP	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate		4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	7:30-9:00AM Swim Fieldgate
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
	5:30-7:00AM Swim AOP	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate		4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	4:00-6:00PM Swim Fieldgate 6:15-7:00PM DL Fieldgate	7:30-9:00AM Swim Fieldgate

NOTES	AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre, DL = Dryland Training
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TAG - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	5:30-7:00AM Swim TPASC	7:30-9:00AM Swim AOP
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
	5:30-7:00AM Swim Fieldgate	4:00-4:30PM DL TPASC (on deck) 4:30-6:00PM Swim TPASC	5:30-7:00AM Swim Fieldgate 4:00-6:00PM Swim TPASC	4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	5:30-7:00AM Swim TPASC	No Practices Thanksgiving Weekend!
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate 4:00-6:00PM Swim TPASC	4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	5:30-7:00AM Swim TPASC	7:30-9:00AM Swim AOP
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
	5:30-7:00AM Swim Fieldgate	4:00-4:30PM DL TPASC (on deck) 4:30-6:00PM Swim TPASC	5:30-7:00AM Swim Fieldgate 4:00-6:00PM Swim TPASC	4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	5:30-7:00AM Swim TPASC	7:30-9:00AM Swim AOP
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
	5:30-7:00AM Swim Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate 4:00-6:00PM Swim TPASC	4:00-5:30PM Swim Fieldgate 5:45-6:15PM DL Fieldgate	5:30-7:00AM Swim TPASC	7:30-9:00AM Swim AOP

NOTES

AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre, DL = Dryland Training

JAG - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
					4:30-6:00PM Swim Fieldgate	6:00-7:30AM Swim AOP
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
	5:30-7:00AM Swim Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate		4:30-6:00PM Swim Fieldgate	No Practices Thanksgiving Weekend!
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate		4:30-6:00PM Swim Fieldgate	6:00-7:30AM Swim AOP
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
	5:30-7:00AM Swim Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate		4:30-6:00PM Swim Fieldgate	6:00-7:30AM Swim AOP
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
	5:30-7:00AM Swim Fieldgate	4:00-5:30PM Swim Fieldgate 5:45-6:30PM DL Fieldgate	5:30-7:00AM Swim Fieldgate		4:30-6:00PM Swim Fieldgate	6:00-7:30AM Swim AOP

NOTES

AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre, DL = Dryland Training

Teen Fitness - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
					5:30-7:00PM Swim AOP	
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
7:30-9:00AM Swim Fieldgate			4:00-5:30PM Swim AOP		5:30-7:00PM Swim AOP	
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
No Practices Thanksgiving Weekend!	THANKSGIVING DAY		4:00-5:30PM Swim AOP		5:30-7:00PM Swim AOP	
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
7:30-9:00AM Swim Fieldgate			4:00-5:30PM Swim AOP		5:30-7:00PM Swim AOP	
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
7:30-9:00AM Swim Fieldgate			4:00-5:30PM Swim AOP		5:30-7:00PM Swim AOP	

NOTES	AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre
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OPb - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
					4:00-5:30PM Swim AOP	
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
7:30-9:00AM Swim Fieldgate	4:00-5:30PM Swim AOP				4:00-5:30PM Swim AOP	
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
No Practices Thanksgiving Weekend!	THANKSGIVING DAY				4:00-5:30PM Swim AOP	
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
7:30-9:00AM Swim Fieldgate	4:00-5:30PM Swim AOP				4:00-5:30PM Swim AOP	
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
7:30-9:00AM Swim Fieldgate	4:00-5:30PM Swim AOP				4:00-5:30PM Swim AOP	

NOTES	AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre
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OPa1 - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				4:00-5:00PM Swim AOP		
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
		4:00-5:00PM Swim AOP		4:00-5:00PM Swim AOP		
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	4:00-5:00PM Swim AOP		4:00-5:00PM Swim AOP		
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
		4:00-5:00PM Swim AOP		4:00-5:00PM Swim AOP		
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
		4:00-5:00PM Swim AOP		4:00-5:00PM Swim AOP		

NOTES	AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre
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OPa2 - OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Oct 01	Oct 02	Oct 03
				5:00-6:00PM Swim AOP		
Oct 04	Oct 05	Oct 06	Oct 07	Oct 08	Oct 09	Oct 10
		5:00-6:00PM Swim AOP		5:00-6:00PM Swim AOP		
Oct 11	Oct 12	Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
	THANKSGIVING DAY	5:00-6:00PM Swim AOP		5:00-6:00PM Swim AOP		
Oct 18	Oct 19	Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
		5:00-6:00PM Swim AOP		5:00-6:00PM Swim AOP		
Oct 25	Oct 26	Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
		5:00-6:00PM Swim AOP		5:00-6:00PM Swim AOP		

NOTES	AOP = Anne Ottenbrite Pool, Iroquois Park Sports Centre
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