



# Season 2024-2025 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	OB: 4:00-5:00pm	WO: 5:15-7:30am OTCC: 3:45-6:00pm	WO: 5:15-7:30am	OB: 4:00-5:00pm	IRCC: 5:15-7:30am OB: 4:30-5:30pm	MAC: 12:15-2:30pm	
	WO: 5:15-7:30pm			WO: 5:15-7:30pm	IRCC: 5:45-8:00pm		
Senior Performance	WO: 5:15-7:30am	OB: 4:30-5:30pm OTCC: 5:45-8:00pm	OB: 4:30-5:30pm IRCC: 5:45-7:30pm	OTCC: 5:15-7:30am	IRCC: 5:15-7:30am OB: 4:30-5:30pm	MAC: 2:15-4:30pm	
					IRCC: 5:45-8:00pm		
Senior		CCC: 5:15-7:30am AC: 7:00-8:45pm	OB: 4:00-5:00pm	WO: 5:15-7:30am	OB: 5:30-6:30pm OTCC: 6:45-8:30pm	OTCC: 5:45-8:00am	IRCC: 5:45-8:00am
Junior National	IRCC: 5:15-7:30am OB: 5:00-6:00pm	WO: 3:45-6:00pm OB: 6:30-7:30pm	IRCC: 5:15-7:30am IRCC: 5:45-7:30pm	OB: 5:30-6:30pm WO: 6:45-8:30pm	IRCC: 3:45-6:00pm	MAC: 2:15-4:30pm	
Junior Performance	CCC: 5:15-7:30am	OB: 5:30-6:30pm IRCC: 6:45-9:00pm		AC: 5:30-7:15am OB: 4:45-5:45pm	CCC: 5:15-7:30am AC: 6:30-8:15pm	IRCC: 3:30-5:15pm	
Junior		OTCC: 5:15-7:30am	CCC: 5:15-7:30am		OTCC: 5:15-7:00pm OB: 7:30-8:30pm	CCC: 5:45-7:30am	WO: 5:45-8:00am

**\*\*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.\*\***