

**CHAMPS 2010- 2011 PRACTICE SCHEDULE  
REGULAR SCHEDULE WHEN THERE IS NO MEET  
OR OTHER CHANGES**

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sun.
<b>SENIOR</b>							
AM		Glendon 6:30-7:20 weights		Glendon 6:30-7:20 weights		Glendon 7:15-9:00AM	
PM	Stephen Leacock 5:00-7:15 PM	Don Mills 5:00-6:30 PM	Stephen Leacock 5:00-7:15PM	Don Mills 5-6:30PM	Victoria Park 5:00-7:00 PM		
<b>PRE-SENIOR</b>							
AM						Glendon 7:15-9:00AM	
PM	Stephen Leacock 5:00-7:15 PM	Don Mills 5:00-6:30PM	Stephen Leacock 5:00-7:15PM	Don Mills 5-6:30PM	Victoria Park 5:00-6:30 PM		
<b>GOLD</b>							
AM						Glendon 7:15-9:00AM	
PM	Stephen Leacock 5:00-6:30 pm		Stephen Leacock 5:00-7:00PM		Victoria Park 5:00-6:30		
<b>SILVER</b>							
AM							
PM	Stephen Leacock 6:00-7:15 pm Fruzina	Don Mills 5:00-6:30pm Fruzina			Victoria Park 5:30-7:00 pm Fruzina		
<b>BRONZE</b>							
AM							
PM		Don Mills 6:30-7:30		Don Mills 6:30-7:30 pm			

**(LOCATIONS):-**

**Glendon College - York University**-2275 Bayview Ave.

The entrance to Glendon College is on Lawrence immediately east of the bridge over Bayview. Proceed east through the entrance and once past the guard booth, keep to your left. Make a left turn onto the small road that goes down into the valley (one way down). Proctor Field House is at the bottom. There is ample free parking here as well. To exit, you need to go to the north end of the parking lot, through the small school there and then turn right to go up the hill. At the top, turn left to get to Bayview and Post Road. Continue east to get to Lawrence and Leslie.

**Victoria Park S.S.**- Go east on Cassandra Blvd from Victoria Park to Wallingford Rd. Turn right. Parking is available at the south end of the school. The pool entrance is at the north end of the school, facing Ptarmigan Cr. (really a dead end street). You can drop your swimmer off here but there is no parking on Ptarmigan. Cassandra Blvd. runs east from Victoria Park and is located about half way between the 401 and Lawrence Avenue. There is a back way in from York Mills and Fenside but it's tricky!

**Don Mills Collegiate**-Take Don Mills Road or the Don Valley Parkway to Lawrence Ave. Go to The Donway East (one block east of Don Mills) and proceed south. Don Mills Collegiate will be on your left. Turn left at the southern driveway and go to the back of the school. The pool entrance is marked. Lots of free parking.

Stephen Leacock:2450 Birchmount Road, M1T 2M5: Just north of Sheppard,east of Kennedy.