

Hell Week 2019 Events

Senior Mowat Bay Morning Practice

Everybody in the senior group will meet at Mowat Bay at 8:00am on Monday. Please bring a swim suit, a towel, a water bottle, and running shoes. Pickup will be at 9:30am.

Novice Willingdon Beach Game Day

Everybody in the novice group will meet at Willingdon beach at 11:00am. Please bring running shoes, a water bottle, sunscreen, a hat, and a bathing suit and towel if you wish to play in the water park. Pickup will be at 12:30.

Intermediate Beach Fire

This event ALSO includes any senior members who are 12 and under. It will be at second beach at 7:15pm, and if there is a fire ban in place we will be using a propane stove. We will be supplying juice boxes, marshmallows and chips, so no need to bring food! Please bring a lawn chair or blanket, and a bathing suit if you would like to go in the water. Pickup will be at 8:30pm.

Senior Extra Dryland

Please stay behind after morning practice with running shoes and a water bottle. We will be running approximately 6km (around Cranberry Lake and back to the complex).

Intermediate Mowat Bay Bike Ride

All intermediate swimmers are to meet at the complex at 10:30am with your bike, a water bottle, a swim suit, a towel, and sunscreen. We will be biking to Mowat Bay for a fun swim. Pickup will be at 12:00pm at Mowat Bay.

Ages 13+ Campout

This is for swimmers who are either 13 OR turning 13 this year. Drop-off will be at Kent's Beach at 8:00pm on Tuesday. All food will be supplied. Please bring any overnight gear you might need, a tent to share (please check in with me if you can bring one), a sleeping bag, a pillow, a lawn chair, running shoes, clothes you can run around in, and a swim suit and towel for an ocean morning practice the next day. We have 2 camp sites. Pickup will be at 8:45am Wednesday morning.

Team Triathlon

Volunteer-Dependant

This event is for all swimmers. You will show up to the pool at your regular practice time with a bike, swim suit and towel, and proper running attire. The swimmers will begin the event in the water at the normal time their practice begins. The distances of swimming, biking and running for each group will vary. It will all take place at the Complex and on the pole line, and parents are expected to be there for assistance if possible.

Junior Mini Golf

All junior swimmers will meet at Putters at 2:00 for a game of mini golf. Please bring some money to pay for the game. We will then walk to the complex as a group in time for swim practice. We will be walking along the road due to bear scares in the bushes by the complex, so please remind your swimmers to remain on the sidewalk at all times!!

Laundry Swim

Please bring an old article/articles of clothing to practice that you can swim in! This event is for all groups.

Track Dryland

This event is for seniors and intermediates. We will be meeting at the track for dryland after practice at 6:20. Please come with running shoes and LOTS of water, as this is a pretty intense dryland session. Get ready to sweat!!!

Breakfast Bike Ride

Volunteers Needed

This event is for seniors, and will be taking place on Friday morning at 8:00am. All senior swimmers are expected to meet at the boat launch area at inland lake with their bikes, and we will proceed to ride around the lake as a team. After the bike ride, we will cook a pancake breakfast at the lake and swim off of the dock. Please bring a bike, running shoes, a suit and towel, a water bottle, optional lawn chair, and any floaties/water toys you might want! Pickup will be at 11:00am.

Hellweek Wrap-up Water fight

This event is for ALL swimmers. Please come to Willingdon beach at 1pm in your fish colours prepared for some fun and games, and bring your water guns! We will be re-filling our water guns in the waterpark. The club will supply some frozen treats at the end, or hot chocolate depending on the weather.