

**Legend:**

Novice

Junior A

Junior B

Intermediate

Senior A

Senior B

Senior C

**July/August Practice 2022**

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|--|--|---|---|---|----------|---|
| <p>July 3</p> <p>Nanaimo<br/>MEET</p> <p>NO<br/>PRACTICE</p> | <p>July 4</p> <p>Novice and<br/>Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p>Junior B and<br/>Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p>Senior A and<br/>Senior B and<br/>Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> <p>-----</p> <p>PM Dryland<br/>Practice<br/>Senior:<br/>6:30-7:15</p> <p><u>Air Band<br/>practice 6:30-<br/>7:15 PM</u></p> | <p>5</p> <p>AM Practice<br/>Sign up only<br/>Senior:<br/>8:00-8:15 AM<br/>Activation<br/>8:15-9:15AM<br/>Swim</p> <p>-----</p> <p>Novice and<br/>Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p>Junior B and<br/>Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p>Senior A and<br/>Senior B and<br/>Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> <p><u>Air Band<br/>practice 6:30-<br/>7:15 PM</u></p> | <p>6</p> <p>AM Practice<br/>Sign up only<br/>Senior:<br/>8:00-8:15 AM<br/>Activation<br/>8:15-9:15AM<br/>Swim</p> <p>-----</p> <p>NO Novice</p> <p>Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p>Junior B and<br/>Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p>Senior A and<br/>Senior B and<br/>Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> <p>-----</p> <p>PM Dryland<br/>Practice<br/>Senior:</p> | <p>7</p> <p>AM Practice<br/>Sign up only<br/>Senior:<br/>8:00-8:15 AM<br/>Activation<br/>8:15-9:15AM<br/>Swim</p> <p>-----</p> <p>Novice and<br/>Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p>Junior B and<br/>Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p>Senior A and<br/>Senior B and<br/>Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> <p><u>Air Band<br/>practice 6:30-<br/>7:15 PM</u></p> | <p>8</p> | <p>9</p> <p>Campbell<br/>River Swim<br/>Meet</p> <p>NO<br/>PRACTICE</p> |

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|---|---|---|---|--|----|---|
|   |   |   | 6:30-7:15<br><u>Air Band practice 6:30-7:15 PM</u>  |  |    |   |
| 10<br>Campbell River Swim Meet<br><br>NO PRACTICE | 11<br>Novice and Junior A<br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br>Junior B and Intermediate<br>4:15- 4:30<br>Activation<br>4:30-5:30<br>Swim<br><br>Senior A and Senior B and Senior C and<br>5:15- 5:30<br>Activation<br>5:30-6:30<br>Swim<br>-----<br>PM Dryland Practice<br>Senior:<br>6:30-7:15 | 12<br>AM Practice<br>Sign up only<br>Senior:<br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim<br>-----<br>Novice and Junior A<br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br>Junior B and Intermediate<br>4:15- 4:30<br>Activation<br>4:30-5:30<br>Swim<br><br>Senior A and Senior B and Senior C and<br>5:15- 5:30<br>Activation<br>5:30-6:30<br>Swim | 13<br>AM Practice<br>Sign up only<br>Senior:<br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim<br>-----<br>NO Novice<br><br>Junior A<br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br>Junior B and Intermediate<br>4:15- 4:30<br>Activation<br>4:30-5:30<br>Swim<br><br>Senior A and Senior B and Senior C and<br>5:15- 5:30<br>Activation<br>5:30-6:30<br>Swim<br>-----<br>PM Dryland Practice<br>Senior:<br>6:30-7:15 | 14<br>AM Practice<br>Sign up only<br>Senior:<br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim<br><br>Novice and Junior A<br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br>Junior B and Intermediate<br>4:15- 4:30<br>Activation<br>4:30-5:30<br>Swim<br><br>Senior A and Senior B and Senior C and<br>5:15- 5:30<br>Activation<br>5:30-6:30<br>Swim | 15 | 16<br>Sidney Swim Meet<br><br>NO PRACTICE |
| 17<br>Sidney Swim Meet<br><br>NO PRACTICE         | 18<br>Novice and Junior A<br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim  | 19<br>AM Practice<br>Sign up only<br>Senior:<br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim   | 20<br>AM Practice<br>Sign up only<br>Senior:<br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim   | 21<br>AM Practice<br>Sign up only<br>Senior:<br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim  | 22 | 23<br>Salt Spring Swim Meet               |

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|--------------------------------|---|---|---|---|----|-----------------------|
|                                | <p><b>Junior B and Intermediate</b><br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p><b>Senior A and Senior B and Senior C and</b><br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> <p>-----<br/><b>PM Dryland Practice</b><br/><b>Senior:</b><br/>6:30-7:15</p> | <p>-----<br/><b>Novice and Junior A</b><br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p><b>Junior B and Intermediate</b><br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p><b>Senior A and Senior B and Senior C and</b><br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> | <p>-----<br/><b>NO Novice</b></p> <p><b>Junior A</b><br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p><b>Junior B and Intermediate</b><br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p><b>Senior A and Senior B and Senior C and</b><br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> <p>-----<br/><b>PM Dryland Practice</b><br/><b>Senior:</b><br/>6:30-7:15</p> | <p>-----<br/><b>Novice and Junior A</b><br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim</p> <p><b>Junior B and Intermediate</b><br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim</p> <p><b>Senior A and Senior B and Senior C and</b><br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> |    |                       |
| 24<br>Salt Spring<br>Swim Meet | 25<br><b>Team Photos</b><br><br><b>Novice and Junior A</b><br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br><b>Junior B and Intermediate</b><br>4:15- 4:30<br>Activation<br>4:30-5:30<br>Swim<br><br><b>Senior A and</b>   | 26<br><br><b>AM Practice</b><br><u>Sign up only</u><br><b>Senior:</b><br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim<br>-----<br><b>Novice and Junior A</b><br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br><b>Junior B and Intermediate</b><br>4:15- 4:30                                | 27<br><br><b>AM Practice</b><br><u>Sign up only</u><br><b>Senior:</b><br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim<br>-----<br><b>NO Novice</b><br><br><b>Junior A</b><br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim<br><br><b>Junior B and Intermediate</b>   | 28<br><br><b>AM Practice</b><br><u>Sign up only</u><br><b>Senior:</b><br>8:00-8:15 AM<br>Activation<br>8:15-9:15AM<br>Swim<br>-----<br><br><b>Novice and Junior A</b><br>3:45- 4:00<br>Activation<br>4:00-4:45<br>Swim  | 29 | 30<br>Open<br>Weekend |

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|-----------------------|--|---|---|---|--|--|
|                       | <p>Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim<br/>-----<br/>PM Dryland Practice<br/>Senior:<br/>6:30-7:15</p>  | <p>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p>   | <p>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim<br/>-----<br/>PM Dryland Practice<br/>Senior:<br/>6:30-7:15</p>  | <p>Junior B and Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p>  |  |  |
| 31<br>Open<br>Weekend | <p>1<br/>Novice and Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim<br/><br/>Junior B and Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim<br/>-----<br/>PM Dryland Practice<br/>Senior:<br/>6:30-7:15</p> | <p>2<br/>AM Practice<br/><u>Sign up only</u><br/>Senior:<br/>8:00-8:15 AM<br/>Activation<br/>8:15-9:15AM<br/>Swim<br/>-----<br/>Novice and Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim<br/><br/>Junior B and Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> | <p>3<br/>AM Practice<br/><u>Sign up only</u><br/>Senior:<br/>8:00-8:15 AM<br/>Activation<br/>8:15-9:15AM<br/>Swim<br/>-----<br/>NO Novice<br/><br/>Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim<br/><br/>Junior B and Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim<br/>-----<br/>PM Dryland Practice</p> | <p>4<br/>AM Practice<br/><u>Sign up only</u><br/>Senior:<br/>8:00-8:15 AM<br/>Activation<br/>8:15-9:15AM<br/>Swim<br/>-----<br/>Novice and Junior A<br/>3:45- 4:00<br/>Activation<br/>4:00-4:45<br/>Swim<br/><br/>Junior B and Intermediate<br/>4:15- 4:30<br/>Activation<br/>4:30-5:30<br/>Swim<br/><br/>Senior A and Senior B and Senior C and<br/>5:15- 5:30<br/>Activation<br/>5:30-6:30<br/>Swim</p> | 5<br>Regional<br>Championships Swim Meet | 6<br>Regional<br>Championships Swim Meet |

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|--|--|--|----------------------|--|--|--|
|  |  |  | Senior:<br>6:30-7:15 |  |  |  |
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