Legend: Novice Junior A Junior B Intermediate Senior A Senior B Senior C

June Practice 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 29	May 30	May 31	1	2	3	4
			<u>2 week</u>		Novice and	<mark>Duncan Swim</mark>
FUN MEET	Novice and		<u>transition</u>		Junior A	Meet
All Swimmers	Junior A		<u>schedule</u>		3:45- 4:00	NO
from 3:45-	3:45- 4:00				Activation	PRACTICE
<mark>6:30</mark>	Activation		Novice and		4:00-4:45	
	4:00-4:45		Junior A		Swim	
<mark>6:30-6:50PM</mark>	Swim		4:00-4:45			
Meet the			DRYLAND		Junior B and	
Coaches and	Junior B and				Intermediate	
<mark>Fish Team</mark>	Intermediate		Junior B and		4:15- 4:30	
Ceremony	4:15- 4:30		Intermediate		Activation	
	Activation		4:30-5:30		4:30-5:30	
	4:30-5:30		DRYLAND		Swim	
	Swim					
			Senior A and		Senior A and	
	Senior A and		Senior B and		Senior B and	
	Senior B and		Senior C and		Senior C and	
	Senior C and		5:30-6:30		5:15- 5:30	
	5:15- 5:30		DRYLAND		Activation	
	Activation				5:30-6:30	
	5:30-6:30				Swim	
	Swim					
5	6	7	8	9	10	11
Duncan Swim	Novice and	Novice and	-	NO Novice	Novice and	Oak Bay Swim
Meet	Junior A	Junior A			Junior A	Meet
	3:45- 4:00	4:00-4:45		Junior A	<u>3:45- 4:00</u>	
NO PRACTICE	Activation	DRYLAND		4:00-4:45	Activation	NO PRACTICE
FRACTICE	4:00-4:45			DRYLAND	4:00-4:45	FRACTICE
	Swim	Junior B and			<u>Swim</u>	
		Intermediate		Junior B and		

	Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim	4:30-5:30 DRYLAND Senior A and Senior B and Senior C and 5:30-6:30 DRYLAND		Intermediate 4:30-5:30 DRYLAND Senior A and Senior B and Senior C and 5:30-6:30 DRYLAND	Junior B and Intermediate 4:15-4:30 Activation 4:30-5:30 Swim Senior A and Senior B and Senior C and 5:15-5:30 Activation 5:30-6:30 Swim	
12 Oak Bay Swim Meet NO PRACTICE	13 Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim PM Dryland Practice Senior: 6:30- 7:15	14 Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim	15 NO Novice Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim Senior A and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim PM Dryland Practice Senior: 6:30- 7:15	16 Novice and Junior A 3:45- 4:00 Activation 4:00-4:45 Swim Junior B and Intermediate 4:15- 4:30 Activation 4:30-5:30 Swim Senior A and Senior B and Senior C and 5:15- 5:30 Activation 5:30-6:30 Swim	17	18 Courtenay Swim Meet

19	20	21	22	23	24	25
Courtenay	Team	Novice and	NO Novice	SWIM A		Open
<mark>Swim Meet</mark>	Photos	Junior A	* • •	THON		Weekend
		3:45- 4:00	Junior A			T
	Novice and	Activation 4:00-4:45	3:45-4:00	Novice and		Team
	Junior A	4:00-4:45 Swim	Activation 4:00-4:45	Junior A		Baseball
	3:45- 4:00	Swim	4:00-4:45 Swim	3:45- 4:00		<mark>Night</mark>
	Activation	Junior B and	Swim	Activation		
	4:00-4:45	Intermediate	Junior B and	4:00-4:45		
	Swim	4:15- 4:30	Intermediate	Swim		
		Activation	4:15- 4:30			
	Junior B and	4:30-5:30	4:13-4:50 Activation	Junior B and		
	Intermediate	4:50-5:50 Swim	4:30-5:30	Intermediate		
	4:15- 4:30	Swiii	4:50-5:50 Swim	4:15- 4:30		
	Activation	Senior A and	Swiin	Activation		
	4:30-5:30	Senior B and	Senior A and	4:30-5:30		
	Swim		Senior B and	Swim		
		Senior C and				
	Senior A and	5:15- 5:30 Activation	Senior C and 5:15- 5:30	Senior A and		
	Senior B and			Senior B and		
	Senior C and	5:30-6:30	Activation	Senior C and		
	5:15- 5:30	Swim	5:30-6:30 Swim	5:15- 5:30		
	Activation			Activation		
	5:30-6:30		PM Dryland	5:30-6:30		
	Swim		Prince Practice	Swim		
			Senior: 6:30-			
	PM Dryland		7:15			
	Practice		/			
	Senior: 6:30-					
	7:15					
26	27	28	29	30	Nanaimo	Nanaimo
Open	Novice and	Novice and	NO Novice	Novice and	Swim Meet	Swim Meet
Weekend	Junior A	Junior A		Junior A		
	3:45- 4:00	3:45- 4:00	Junior A	3:45- 4:00		
	Activation	Activation	3:45- 4:00	Activation		
	4:00-4:45	4:00-4:45	Activation	4:00-4:45		
	Swim	Swim	4:00-4:45	Swim		
			Swim			
	Junior B and	Junior B and		Junior B and		
	Intermediate	Intermediate	Junior B and	Intermediate		
	4:15- 4:30	4:15- 4:30	Intermediate	4:15- 4:30		
	Activation	Activation	4:15- 4:30	Activation		
	4:30-5:30	4:30-5:30	Activation	4:30-5:30		
	Swim	Swim	4:30-5:30	Swim		
			Swim			
	Senior A and	Senior A and		Senior A and		
	Senior B and	Senior B and	Senior A and	Senior B and		
	Senior C and	Senior C and	Senior B and	Senior C and		
	5:15- 5:30	5:15- 5:30	Senior C and	5:15- 5:30		
	Activation	Activation	5:15- 5:30	Activation		
	5:30-6:30	5:30-6:30	Activation	5:30-6:30		
	Swim	Swim	5:30-6:30	Swim		
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PM Dryland Practice	Swim PM Dryland		
Senior: 6:30-	Practice		
7:15	Senior: 6:30- 7:15		