

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

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

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

	----- PM Dryland Practice Senior: 6:30-7:15		Swim ----- PM Dryland Practice Senior: 6:30-7:15			
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