

**Legend:**

Practices AM for Swimmers that Signed-up- thursday 7-8am and friday 815-915am

Practices PM (Novice, Junior , Intermediates, Seniors)

Meets

POW Events

Dryland ( Intermediates and Seniors )

**July Practices 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						29
30	1 NO PRACTICE	2 N: (4:30) 4:45-5:30 JO: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	3 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  Intermediate/ Senior Dryland 6:45-7:30	4 Morning practice (6:45) 7-8am  N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	5 Morning practice (8) 8:15-9:15 am	6 Campbell River Meet
7 Campbell River Meet	8 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  Intermediate/ Senior Dryland 6:45-7:30	9 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	10 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  Intermediate/ Senior Dryland 6:45-7:30	11 Morning practice (6:45) 7-8am  Swim- a- thon  N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	12 Morning practice (8) 8:15-9:15 am	13 Saltspring Meet
14 Saltspring Meet	15 BEAST WEEK!  -Mowat Bay swim 8:30-9:30 am (Intermediates/ senior)  Laundry Swim-wear clothes to practice (Everyone!)  J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  Soccer night 6:45-7:45pm (Everyone!)	16 BEAST WEEK!  Track dryland 8:30-9:30 am (Everyone!)  N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  11 and under Movie Night 7-830pm	17 BEAST WEEK!  Triathlon 4:30-6:30 (Everyone)  Pie the coaches at 6:45pm @complex	18 BEAST WEEK!  Morning practice (6:45) 7-8am  Trail walk 8:30-9:30 am (Everyone)  N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  12 + Beach fire 7:00-9:00 pm	19 Morning practice (8) 8:15-9:15 am	20 Sidney Meet

21 Sidney Meet	22 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	23 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	24 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	25 Morning practice (6:45) 7-8am  Team Bottle Drive Fundraiser 2:30-4pm  N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	26 Morning practice (8) 8:15-9:15 am	27 No Swim Meet
28 No Swim Meet	29 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  Intermediate/ Senior Dryland 6:45-7:30					

### August Practices 2023

		30 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30	31 N: (4:30) 4:45-5:30 J: (4:15) 4:30-5:30 I: (5:15) 5:30-6:30 S: (5:15) 5:30-6:30  Intermediate/ Senior Dryland 6:45-7:30	1 NO PRACTICE FOR REGIONALS	2 Regionals	3 Regionals
4 Regionals	5	6	7	8	9	10

