

**2010-2011 Pacific Coast Swimming Practise Schedules (Updated April 6, 2011)**

Please confirm practise times and locations with your coach. Note that times are given by the 24-hour clock, so that, for example, 1800 is 6pm. MCK designates a practise at UVic's McKinnon Pool; otherwise practises for A through D groups are at Saanich Commonwealth Place.

<b>A-Group National &amp; International</b> - schedule is <i>pool time only</i> , please see coach for dryland times.						
	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings	0530 - 0730	0530 - 0730		0530 - 0730	0530 - 0730	0830 - 1030
	0700 - 0900		0700 - 0900		0700 - 0900	
Afternoons		1400 - 1600		1400 - 1600		
	1730 - 1930	1730 - 1930	1730 - 1930	1730 - 1930	1730 - 1930	

**B-Group Senior National** - schedule INCLUDES both dryland and pool time; please see coach for detailed morning practise schedule  
*Swimmers are expected to attend 7-8 practises per week*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings	0630 - 0900 <sup>MCK</sup>	0515 - 0730	Off	0515 - 0730	0630 - 0730 <sup>MCK</sup>	0630 - 0900 <sup>MCK</sup>
Afternoons	1700 - 1930	1700 - 1930	Off	1700 - 1930	1700 - 1930	

**B-Group Age Group National** - schedule INCLUDES both dryland and pool time; please see coach for detailed morning practise schedule  
*Swimmers are expected to attend 7-8 practises per week*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings	0630 - 0900 <sup>MCK</sup>		0515 - 0730 <sup>MCK</sup>		0630 - 0900 <sup>MCK</sup>	0630 - 0900 <sup>MCK</sup>
Afternoons	1700 - 1930	1700 - 1930		1700 - 1930	1700 - 1930	

**B-Provincial** - schedule INCLUDES both dryland and pool time.

*B-Provincial also swims 2 additional practises with either B or C groups, by arrangement with coaches.*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings			0515 - 0730 <sup>MCK</sup>		0515 - 0730	0630 - 0900 <sup>MCK</sup>
Afternoons	0700 - 0900 <sup>MCK</sup>		0700 - 0900		0700 - 0900 <sup>MCK</sup>	
	1700 - 1930	1545 - 1830 <sup>MCK</sup>		1545 - 1830 <sup>MCK</sup>	1700 - 1930	

**B-Too** - schedule INCLUDES both dryland and pool time

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings			0515 - 0730 <sup>MCK</sup>		0515 - 0730	0930 - 1100 <sup>MCK</sup>
Afternoons	1700 - 1930	1545 - 1830 <sup>MCK</sup>	1730 - 1930 <sup>MCK</sup>		1700 - 1930	

**C-Group** - all workout times include a dryland component.

*Swimmers are expected to attend a minimum of 4 practises per week*

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings		0530 - 0715 <sup>MCK</sup>		0600 - 0730 <sup>MCK</sup>		0700 - 0900
Afternoons	1600 - 1800 <sup>MCK</sup>	1730 - 1930	1600 - 1800 <sup>MCK</sup>	1730 - 1930	1600 - 1800 <sup>MCK</sup>	

**D2 @SCP** - all workout times include a dryland component.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings						0830 - 1000 <sup>MCK</sup>
Afternoons	1800 - 1930		1800 - 1930		1800 - 1930	

**D2 @ UVic** - all workout times include a dryland component.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings						0830 - 1000 <sup>MCK</sup>
Afternoons	1630 - 1800 <sup>MCK</sup>		1630 - 1800 <sup>MCK</sup>		1630 - 1800 <sup>MCK</sup>	

**D1 @ SCP** - all workout times include a dryland component.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings						0830 - 1000 <sup>MCK</sup>
Afternoons		1800 - 1930		1800 - 1930		

**D1 @ UVic** - all workout times include a dryland component.

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mornings						0830 - 1000 <sup>MCK</sup>
Afternoons		1730 - 1900 <sup>MCK</sup>		1730 - 1900 <sup>MCK</sup>		

**2010-2011 Pacific Coast Swimming Practise Schedules**

Please confirm practise times and locations with your coach. Note that times are given by the 24-hour clock, so that, for example, 1800 is 6pm.

**Stroke & Fitness at at UVic's McKinnon Pool**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Option 1		1730 - 1930		1730 - 1930		1030 - 1200

**Lightning Fast Swim Series at Saanich Commonwealth Place** - please check with your coach regarding Friday schedule due to swim meets.

<b>LF5</b>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Option 1	1830 - 1930		1830 - 1930		1830 - 1930	
Option 2		1830 - 1930		1830 - 1930	1830 - 1930	

**LF3 and LF4** @ Saanich Commonwealth Place, please register with SCP, phone 250-475-7600

**Check our our web site (<http://www.pacificcoastswimming.com/>) for LF information at other Victoria pools.**

**Lightning Fast Swim Series at UVic's McKinnon Pool**

<b>LF5</b>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i> <sup>1</sup>
Option 1	1600 - 1700		1600 - 1700		1600 - 1700	
Option 2	1700 - 1800		1700 - 1800		1700 - 1800	
Option 3	1800 - 1900		1800 - 1900		1800 - 1900	
Option 4		1800 - 1900		1800 - 1900		

**LF3/LF4**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i> <sup>1</sup>
Option 1	1715 - 1800		1715 - 1800		1715 - 1800	
Option 2	1800 - 1845		1800 - 1845		1800 - 1845	
Option 3	1845 - 1930		1845 - 1930		1845 - 1930	
Option 4		1715 - 1800		1715 - 1800		
Option 5		1800 - 1845		1800 - 1845		

**LF1, LF2 and Fast Fridays at UVic's McKinnon Pool**

<b>LF2</b>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i> <sup>1</sup>
Option 1			1900 - 1930			

**LF1**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i> <sup>1</sup>
Option 1			1800 - 1830			
Option 2			1830 - 1900			

**Fast Fridays**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i> <sup>1</sup>
Option 1 (LF3/4 level)					1600 - 1645	
Option 2 (LF5 level)					1700 - 1800	

**<sup>1</sup> Saturday Series - Lightning Fast at UVic's McKinnon Pool**

LFSS Saturday only, please register with Uvic RecPlus, <http://vikesrec.uvic.ca/> or phone 250-721-7282

**Lightning Fast Swim Series at Gordon Head Recreation and Oak Bay Recreation Centres**

**Check our our web site (<http://www.pacificcoastswimming.com/>) for LF information at other Victoria pools.**

**LF1-LF5 @ Gordon Head**, please register with GH, phone 250-475-7100

**LF3, LF4 and LF5 @ Oak Bay**, please register with Oak Bay, phone 250-595-7946