

2007 - 2008 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.

A-Group National and International at Saanich Commonwealth Place. Schedule is pool time only, please see coach for dryland times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings	0515 - 0730	0515 - 0730		0515 - 0730	0515 - 0730	0800 - 1030
Afternoons	1730 - 1930	1730 - 1930	1730 - 1930	1730 - 1930	1730 - 1930	

B at Saanich Commonwealth Place, except those designated ¹. Schedule INCLUDES both dryland and pool time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings		0530 - 0715 ¹	0515 - 0730 ¹		0515 - 0730	0700 - 0930 ¹
Afternoons	1700 - 1930	1700 - 1930	1700 - 1930	1700 - 1930	1700 - 1930	

B-Intro at Saanich Commonwealth Place, except those designated ¹. Schedule INCLUDES both dryland and pool time.
B-Intro also swims 2 additional practises with either B or C groups, by arrangement with coaches.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings		0530 - 0715 ¹				0700 - 0930 ¹
Afternoons		1700 - 1930		1700 - 1930		

C at Saanich Commonwealth Place, except those designated ¹; all workout times include a dryland component.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings	0600 - 0730 ¹		0600 - 0730 ¹			0700 - 0900
Afternoons	1745 - 1930 ¹	1745 - 1930	1745 - 1930 ¹	1745 - 1930	1745 - 1930 ¹	

D3 at Saanich Commonwealth Place, except those designated ¹; all workout times include a dryland component.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings						0830 - 1000 ¹
Afternoons	1800 - 1930		1800 - 1930		1800 - 1930	

D2 at UVic's MacKinnon Pool; all workout times include a dryland component.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings						0830 - 1000
Afternoons	1730 - 1900		1730 - 1900		1730 - 1900	

D1 at Saanich Commonwealth Place, except those designated ¹; all workout times include a dryland component.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings						0830 - 1000 ¹
Afternoons		1800 - 1930		1800 - 1930		

¹ for groups which practise primarily at SCP, this designates a practise at McKinnon Pool

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Stroke & Fitness at Saanich Commonwealth Place						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1900 - 2030		1900 - 2030		1900 - 2030	

Lightning Fast Swim Series at Saanich Commonwealth Place						
LF3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Option 1	1830 - 1930		1830 - 1930		1830 - 1930	
Option 2		1830 - 1930		1830 - 1930	1830 - 1930	

LF1 and LF2 @ Saanich Commonwealth Place, please register with SCP, phone 475-7600

Lightning Fast Swim Series at UVic's McKinnon Pool						
LF3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Option 1	1600 - 1700		1600 - 1700		1600 - 1700	
Option 2	1700 - 1800		1700 - 1800		1700 - 1800	
Option 3	1800 - 1900		1800 - 1900		1800 - 1900	
LF1/LF2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Option 1	1615 - 1700		1615 - 1700			
Option 2	1815 - 1900		1815 - 1900			
Option 3			1715 - 1800		1715 - 1800	
Option 4			1800 - 1845		1800 - 1845	
Option 5		1615 - 1700		1615 - 1700		
Option 6		1700 - 1745		1700 - 1745		

Tykes and Fast Fridays at UVic's McKinnon Pool						
Super Tykes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Option 1			1900 - 1930			
Tiny Tykes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Option 1			1800 - 1830			
Option 2			1830 - 1900			
Option 3						0930 - 1000
Fast Fridays	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Option 1 (LF1/2 level)					1545 - 1630	
Option 2 (LF3 level)					1615 - 1715	

Lightning Fast Swim Series at Gordon Head Recreation Centre
LF1 and LF2 @ Gordon Head, please register with GH, phone 475-7100
 At the moment, LF3 is not offered at Gordon Head.