

Pacific Coast Swimming Combined LFSS 3-5 Christmas Training

*requires preregistration \$50 camp fee.

Register with Coach Kennedy (k.aragonscriven@gmail.com)

Regular practices through to Dec 16th

Saturday December 17, 2016	Regular practice with Coach Ana & Lia
Sunday December 18, 2016	OFF
Monday December 19, 2016	4:00-5:00 p.m. at UVic with Coach Kennedy
Tuesday December 20, 2016	5:30-7:00 at UVic *includes diving board time
Wednesday December 21, 2016	*Skating 1:30 – 3:00 p.m.* at Oak Bay arena approx. \$5 Practice at UVic 4-5 p.m.
Thursday December 22, 2016	5:30-7:00 p.m. at UVic
Friday December 23, 2016	4:00-5:30 p.m. at UVic
December 24 – 26, 2016	OFF!! Merry Xmas!!
Tuesday December 27, 2016	5:30-7:00 p.m. UVic
Wednesday December 28, 2016	4:30-6:00 p.m. at UVic Royals Hockey game 6:30 p.m. *pre-register with Meghan
Thursday December 29, 2016	9:30-11:00 a.m. at UVic 5:30-6:30 p.m. at UVic
Friday December 30, 2016	Swim 4:00 – 5 p.m. UVic
December 31, 2016 - January 1, 2017	OFF! HAPPY NEW YEAR!
Monday January 2, 2017	Back to normal schedule

*** There will be prizes for those who attend all practices!