

Elite + Performance A — July Schedule

Week 1: June 29 – July 4

Swim — CKRC

- Monday: 5:00–6:00 PM, 6-7 PM Dryland
- Tuesday: 5:00–7:00 PM
- Thursday: 5:00–7:00 PM
- Friday: 5:00–6:00 PM, 6-7 PM Dryland
- Saturday: 10:00 AM–12:00 PM, 12-12:30 PM Stretching

Swim — Sergeant Tommy Prince Place

- Sunday: 10:00 AM–11:45 AM

Dryland

- Monday: 6:00–7:00 PM
 - Saturday: 12:00–1:00 PM
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Week 2: July 6 – July 11

Swim — CKRC

- Monday: 5:00–6:00 PM, 6-7 PM Stretching
- Tuesday: 5:00–6:00 PM, 6-7 PM Stretching

WED-MON: Man/Sask

Weeks 3–5: July 13 – August 1

Swim — CKRC

- Mondays: 5:00–6:00 PM
- Fridays: 5:00–6:00 PM
- Saturdays: 10:00 AM–12:00 PM

Performance B + Development — July Schedule

Week 1: June 29 – July 4 (Freestyle Technique)

Swim — CKRC

- Monday: 5:00–6:00 PM
 - Friday: 5:00–7:00 PM
 - Saturday: 10:00 AM–12:00 PM
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Week 2: July 6 – July 11 (Backstroke Technique)

Swim — CKRC

- Monday: 6:00–7:00 PM
 - Friday: 6:00–7:00 PM
 - Saturday: 10:00 AM–12:00 PM
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Weeks 3–5: July 13 – August 1 (Breaststroke + Butterfly Technique)

Swim — CKRC

- Mondays: 6:00–7:00 PM
- Fridays: 6:00–7:00 PM
- Saturdays: 10:00 AM–12:00 PM

Pack A + Pack B — July Schedule

Weeks 1–5: June 29 – August 1 (Technique One Stroke Per Week)

Swim — Sherbrook Pool

- Tuesdays: 7:00–8:00 PM
- Thursdays: 7:00–8:00 PM

Pups A + Pups B — July Schedule (Technique One Stroke Per Week)

Weeks 1–5: June 29 – August 1

Swim — Sherbrook Pool

- Tuesdays: 6:00–7:00 PM
- Thursdays: 6:00–7:00 PM

Pups Academy — July Schedule (Technique, into to new strokes)

Weeks 1–5: June 29 – August 1

Swim — Sherbrook Pool

- Tuesdays: 5:00–5:45 PM
- Thursdays: 5:00–5:45 PM