



2019-2020 Practice Schedule  
**Saanich Commonwealth Place**  
**Pre-Competitive Programs**  
*All programs to begin the week of September 16, 2019*

**Conditioning and Technique at Saanich Commonwealth Place**

This is a non-competitive program, but does offer the opportunity to compete if members wish to do so.  
 Swimmers can now choose 1 to 5 practices per week on the days they would like to swim.

<b>C &amp; T</b>	Monday	Wednesday	Friday	Saturday	Sunday
Choose 1 - 5	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm	1:00-2:00 pm	10:00-11:30 am

-----

**Island Swim Skills (Bronze, Silver, Gold)**

<b>Bronze</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SCP ISSB -ME	4:00-4:45 pm		4:00-4:45 pm			
SCP ISSB -ML	4:45-5:30 pm		4:45-5:30 pm			
SCP ISSB -TE		4:00-4:45 pm		4:00-4:45 pm		
SCP ISSB -TL		4:45-5:30 pm		4:45-5:30 pm		

<b>Silver</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SCP ISSS - MWF	4:00-5:00 pm		4:00-5:00 pm		4:30-5:30 pm	
SCP ISSS - TTF		4:15-5:15 pm		4:15-5:15 pm	4:30-5:30 pm	

\*\*Note: Silver groups will do :15 land activation and then swim :45 in the pool.

<b>Gold</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SCP ISSG - AM						7:30-8:30 am
SCP ISSG - PM	4:30- 5:30 pm		5:00- 6:00 pm		4:30- 5:30 pm	
Gold Dryland			4:30-5:00 pm			