



2019-2020 Practice Schedule Saanich Commonwealth Place Competitive Programs

Green	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						6:30-8:00 am
PM	4:30-5:30 pm		4:00-5:30 pm		4:30-6:00 pm	
Dryland			5:45-6:15 pm			8:15-8:45 am

Blue	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM			6:00-7:30 am			6:30-8:00 am
PM	4:30-5:30 pm			5:00-6:30 pm	4:00-5:30 pm	
Dryland	3:45-4:15 pm			4:15-5:00 pm		8:15-8:45 am

Black	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:00 am				6:30-8:00 am
PM	4:00-5:30 pm		4:00-5:30 pm	4:30-6:00 pm	4:00-5:30 pm	
Dryland	5:45-6:30 pm			3:45-4:30 pm		8:15-8:45 am

Provincial	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5:30-7:00 am		5:30-7:00 am		6:00-8:00 am
PM	5:00-6:30 pm	4:00-5:30 pm	4:00-6:00 pm	4:00-5:30 pm		
Dryland	4:00-4:45 pm		6:05-6:30 pm			8:15-9:15 am

Senior*/ Senior Perf.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:15 am		5:30-7:30 am		5:30-7:15 am	6:00-8:00 am
PM	4:00-5:30 pm	4:30-6:30 pm	4:00-6:00 pm		4:30-6:30 pm	
Dryland	5:30-6:30 pm		6:15-6:45 pm	4:30-5:30 pm		8:15-9:15 am

*Note: Senior group will swim the same schedule but fewer practices

CSI	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:30-7:15 am		5:30-7:30 am		5:30-7:15 am	6:00-8:00 am
PM	2:00-4:00 pm	4:30-6:30 pm	2:00-4:00 pm		2:00-4:00 pm	
Dryland	7:15-8:00 am	2:00-3:15 pm	7:30-8:00 am	2:00-3:15 pm	7:15-8:00 am	8:15-9:15 am

Varsity Fitness	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