

## Island Swimming Club 2020/ 21

### Wave 3 & 4 September Open Water and Dryland Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JDF Dryland Wave 3</b> @Westshore Recreation		<b>5:30 – 6:30 pm</b>		<b>5:30 – 6:30 pm</b>		
<b>JDF Dryland Wave 4</b> @Westshore Recreation		<b>4:30 – 5:15 pm</b>				
<b>SCP Dryland Wave 3</b> @ Lochside School field		<b>4:30 – 5:30 pm 5:30 – 6:30 pm</b>		<b>4:30 – 5:30 pm 5:30 – 6:30 pm</b>		
<b>SCP Dryland Wave 4</b> At Beaver Lake Park						<b>9:00 – 9:45 am 10:00 – 10:45 am 11:00 – 11:45 am</b>
Open Water for Wave 3 only. Choose 2 of the following 6 sessions per week. Additional Registration is required						
Open Water at Thetis or Beaver Lake	<b>4:30 – 5:30 pm or 5:30 – 6:30 pm</b>		<b>4:30 – 5:30 pm or 5:30 – 6:30 pm</b>		<b>4:30 – 5:30 pm or 5:30 – 6:30 pm</b>	