

ISLAND SWIMMING CLUB 2020/21 SUBCOHORT SCHEDULE STARTING NOVEMBER 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Practice		5:30 – 7:00 am Subcohort 1A Subcohort 1B		5:30 – 7:00 am Subcohort 1A Subcohort 1C		5:30 – 7:00 am Subcohort 1B Subcohort 1C	7:00 – 9:00 am Subcohort 1A Subcohort 1B
Panorama		5:45 – 6:45 am As registered		5:45 – 6:45 am As registered		6:00- 8:00 am As registered	6:00- 8:00 am As registered
Afternoon Practice	3:45 – 5:15 pm Subcohort 1A Subcohort 1B	3:45 – 5:15 pm Subcohort 1C Subcohort 2B	3:45 – 5:15 pm Subcohort 2A Subcohort 3A	3:45 – 5:15 pm Subcohort 1A Subcohort 1B	3:45 – 5:15 pm Subcohort 2C Subcohort 3B		
Dryland	4:00 -5:00 pm @ SCP Subcohort 1C		4:00 – 5:00 pm @Beaver Lake Subcohort 1A Subcohort 1B	4:15 – 5:00 pm @ SCP Cohort 2 (SCP) 4:00 – 4:45pm @JDF Cohort 3 (JDF) 4:00–5:00pm @JDF Cohort 2 (JDF)	4:00 – 5:00 pm @Beaver Lake Subcohort 1A Subcohort 1B	7:15 – 8:00 am @SCP Subcohort 1C 8:30 – 9:15am @Beaver Lake Cohort 2 9 – 9:45am @SCP Cohort 3	

Winter Break: All groups will be off from Saturday December 19 – Sunday January 3.