

ISLAND SWIMMING CLUB 2020/21 INTERIM SCHEDULE JANUARY 4 - 19

	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 1B		5:30 – 7:00 am Subcohort 1A Subcohort 1C  Subcohort 2A alternate Subcohort 1D	7:00 – 9:00 am Subcohort 1A Subcohort 1B
Panorama		5:45 – 6:45 am Subcohort 1D		5:45 – 6:45 am Subcohort 1C		6:00 – 8:00 am Subcohort 1D alternate Subcohort 2A	
CSI Swimmers	1:15 – 2:45 pm Group 1	CSI Dryland	1:15 – 2:45 pm Group 2	CSI Dryland	1:15 – 2:45 pm Group 3		
Afternoon Practice	3:45 – 5:15 pm Subcohort 1B Subcohort 1C	3:45 – 5:15 pm Subcohort 1C Subcohort 2A	3:45 – 5:15 pm Subcohort 1D 3:45 – 4:30 pm Subcohort 3A 4:30 – 5:15 pm Subcohort 3B	3:45 – 5:15 pm Subcohort 1A Subcohort 1B	3:45 – 5:15 pm Subcohort 2B 3:45 – 4:30 pm Subcohort 3A 4:30 – 5:15 pm Subcohort 3JDF		
Dryland Via Zoom			4:30 pm Subcohort 1A Subcohort 1B Subcohort 1C	4:30 pm Subcohort 1D Subcohort 2A Subcohort 2B			