

ISLAND SWIMMING CLUB 2020/21 COHORT SCHEDULE STARTING JANUARY 20, 2021

Schedule for Saanich Commonwealth Place and Panorama Pools

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Practice		5:30 – 7:00 am Subcohort 1A Subcohort 1B		5:30 – 7:00 am Subcohort 1B Subcohort 1C		5:30 – 7:00 am Subcohort 1A Subcohort 1C	7:00 – 9:00 am Subcohort 1A Subcohort 1B
SCP Divetank						5:30 – 7:00am Subcohort 2A alternates with Subcohort 1D	
Panorama						6:00 – 8:00 am Subcohort 2A alternates with Subcohort 1D	
Afternoon Practice	3:45 – 5:15 pm Subcohort 1A Subcohort 1B	3:45 – 5:15 pm Subcohort 1C Subcohort 2A	3:45 – 5:15 pm Subcohort 1D Subcohort 3A	3:45 – 5:15 pm Subcohort 1A Subcohort 1B	3:45 – 5:15 pm Subcohort 2B 3:45 – 4:30 pm Subcohort 3B 4:30 – 5:15 pm Subcohort 3C		

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Schedule for Juan de Fuca Pool and Dryland

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Practice		6:00- 7:30 am Subcohort 1D	6:00- 7:30 am Subcohort 1A Subcohort 1C	6:00- 7:30 am Subcohort 2A Subcohort 2B	6:00- 7:30 am Subcohort 1B	8:30 – 9:30 am Subcohort 3A Subcohort 3B 9:30 – 10:30 am Subcohort 3JDF	
Afternoon Practice	4:00 – 5:30 pm Subcohort 1D Subcohort 1C		4:00 – 5:30 pm Subcohort 2A Subcohort 2B		4:00 – 5:30 pm Subcohort 1D 4:00 – 4:45 pm Subcohort 3JDF 4:45 – 5:30 pm Subcohort 4JDF		

Dryland Via Zoom until Spring Break			4:30 pm Subcohort 1A Subcohort 1B Subcohort 1C	4:30 pm Subcohort 1D Subcohort 2A Subcohort 2B			
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