

ISLAND SWIMMING CLUB 2020/21 COHORT SCHEDULE STARTING JANUARY 18, 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 | | |

NOTE: Alternating 2A/1D schedule has been circulated: on January 23 2A is at SCP dive tank and 1D is at Panorama.

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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 | | | |

**Note: The following morning practices at JDF are cancelled while the pool ramps up their reopening:
January 19 (1D), January 22 (1B), January 29 (1B)