



2021 - 2022 Pool Schedule

Pre-Competitive Groups

Island Swim Skills Bronze, Silver, Gold

For Swimmers from 6 - 10

NOTES

Be sure to check times and pool location carefully. SCP is Commonwealth Pool, JDF is Juan de Fuca pool.

**Saturday morning practices for JDF Wed/ Sat and SCP Tues/Thur/ Sat are held at JDF pool from 8 – 9am

Bronze	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday@JDF
SCP W/F Early			4:00–4:45pm		4:00–4:45pm	
SCP W/F Later			4:45–5:30pm		4:45–5:30pm	
JDF M/F	4:00–4:45pm				4:00–4:45pm	
SCP/JDF Th/S				4:00–4:45pm		8:00-9:00am
JDF W/S			4:00–4:45pm			8:00-9:00am

Silver	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday@JDF
SCP W/F Early			4:00–4:45pm		4:00–4:45pm	
SCP W/F Later			4:45–5:30pm		4:45–5:30pm	
JDF M/F	4:45–5:30pm				4:45–5:30pm	
SCP/JDF Th/S				4:00–4:45pm		8:00-9:00am
JDF W/S			4:45–5:30pm			8:00-9:00am

Gold	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday@JDF
SCP M/W/F	5:00–6:00pm		4:30–5:30pm		4:30–5:30pm	
JDF M/W/F	4:00–5:00pm		4:00–5:00pm		4:00–5:00pm	
SCP Tu/Th/S		4:00–5:00pm		4:45–5:45pm		8:00-9:00am

Conditioning and Technique at Saanich Commonwealth Place

For Swimmers from 11 - 17

This is a non-competitive program, but does offer the opportunity to compete if members wish to do so.

Swimmers can choose 1 to 5 practices per week on the days they would like to swim.

C & T	Monday	Wednesday	Friday	Saturday	Sunday
Choose 1 - 5	7:30-8:30 pm	7:30-8:30 pm	7:30-8:30 pm	1:00-2:00 pm	10:00-11:30 am