

ISLAND SWIM SKILLS TEAM – Available Practice Options

| POOL | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|-------------|-------------|-------------|----------|-------------|-------------|
| SCP Pool | 4:00–4:45pm | 4:00 – 4:45 | 4:00–4:45pm | | 4:00–4:45pm | 8:00–9:00am |
| SCP Pool | 4:45–5:30pm | | 4:45–5:30pm | | 4:45–5:30pm | |
| JDF Pool | 4:30–5:15pm | | 4:30–5:15pm | | 4:30–5:15pm | 8:00-9:00am |
| JDF Pool | 5:15–6:00pm | | 5:15–6:00pm | | 5:15–6:00pm | |

*Please arrive 15 minutes before the scheduled start of practice for dryland activation exercises.

SCP: Saanich Commonwealth Place, 4636 Elk Lake Drive

JDF: Juan de Fuca Recreation Centre, 1767 Island Highway