



Duncan Swim Team: SAVE THE DATES

- **Saturday, 06ap2024:** VIR Level Up #6
- **Mon 27may – Fri 31may2024:** DST Swim – A – Thon
- **Wednesday, 05jun2024:** DST's Orange & Black III
- **Friday 21jun – Sunday 23jun2024:** DST's Annual June Jamboree

2023 / 24 regular season for the
FUNdamentals & SwimActive programs
concludes on Thurs 20jun2024.

Swimmers are invited to race at the DST Annual
June Jamboree but must upgrade their Swim BC
Registration. Pls contact
olivia@duncanstingrays.com if interested.

10apr2024 update

REGULAR WEEKLY SCHEDULE *Mar 25 – Jun 20, 2024*

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
FUN damentals	Active Start	330 - 400	430 - 500		300 – 330		
	FUN St1	330 – 410		330 – 410	330 – 410	330 – 410	
	FUN St2	420 – 500	330 - 420 430 - 520	420 - 500	330 – 420 430 - 520		
	FUN St3	400 – 500	330 – 430 430 – 530	400 – 500		330 – 430	
SwimActive						455-610	
D group		330-500		INVITE: 500-645	400-545	315-445	
C group		615-745am	515-715 <i>Includes Physical Literacy</i>	445-645	630-730am <i>Physical Literacy</i>	415-615	<i>845-1045am OR Sunday LC @ 845 – 1115am pls check online calendar</i>
B group		430-645	345-545 <i>Includes Physical Literacy</i>	550-750am	630-730am <i>Physical Literacy</i> 515-715	550-750am 415-615	<i>845-1130am OR Sunday LC @ 845 – 1115am pls check online calendar</i>
A group		INVITE: 630 – 730am <i>S&C (external)</i> 430-645	550-750am 345-545	550-750am	550-750am 345 - 500	550-750am INVITE: 330 – 600(+/-) <i>S&C (external)</i>	<i>845-1130am OR Sunday LC @ 845 – 1115am pls check online calendar</i>
Masters			655-810				730-845am

Interruptions to the Regular Weekly Schedule AFFECTING ALL GROUPS are:

- Statutory Holidays: cancelled due to CAC rental agreement
- Winter Break & Spring Break: revised schedules

Please note: the above interruptions are factored into the Annual membership fees

Please refer to www.duncanstingrays.com/events

CHANGES are posted online. Short notice cancellations will be an email (<48hrs) or phone call (<24hrs)

LEGEND:

- “INVITE” indicates there are requirements to attend this session. Please see the specific Group’s Program Description within the DST Registration Information Booklet
- **BOLDed** times (A/B/C Groups) are the primary sessions for each group. We encourage families to aim to these for your baseline schedule

A note to Stingrays members:

This is the anticipated base schedule for all groups. Changes in scheduling are atypical so families can have confidence there will be ample time to review and react to any necessary adjustments.