



Duncan Swim Team: SAVE THE DATES



- **Saturday, 21oct2023:** VIR Level Up #1 hosted by DST!
- **Tuesday, 21nov2023:** Annual General Meeting (AGM) in person, location TBD
- **Wednesday, 29nov2023:** DST's Orange & Black I
- **Friday 08dec – Sunday 10dec2023:** DST Annual Winter Break Invitational

REGULAR WEEKLY SCHEDULE *Sept 13/25, 2023 – Apr 26, 2024* 13oct2023 update

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FUN damentals	Active Start	330-400			300 - 330		
	FUN St1	330-410	330-410	330-410	330-410	330-410	
	FUN St2	420-500	430-520	420-500	430-520	410-500	
	FUN St3	400-500	330-430	400-500	330-430	330-430	
SwimActive			655-810	*NEW*625 - 740		455-610	
D group		330-500		INVITE: 500-645	400-545	315-445	
C group		615-745am			630-730am Physical Literacy @CAC		845-1045am
			515-715	445-645		415-615	
B group		630 – 730am Yoga	INVITE: 630 -730am Physical Literacy (training) @ CAC	550-750am	630-730am Physical Literacy (knowledge) @ CAC	550-750am	845-1130am
		430-645	345-545		515-715	415-615	
A group		INVITE: 630 – 730am S&C (external)	550-750am	550-750am	550-750am	550-750am	845-1130am
		430-645	345-545		345 - 500	INVITE: 445 - 600 S&C (external)	
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 & CONFLICTS 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
- **BOLD**ed 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 is atypical so families can have confidence there will be ample time to review and react to any necessary adjustments.