



Duncan Swim Team: SAVE THE DATES

- **Tues, Sept 10th:** DST's Welcome Back! BBQ: RETURNING MEMBERS ONLY
- **Wed, Sept 11th:** Day 1 for our Competitive programs (A, B, C, D groups)
- **Mon, Sept 23rd:** Day 1 for our Non Competitive programs (E groups, SwimActive)
- **Wed, Oct 2nd:** DST's Annual General Meeting (AGM) & 2018 / 19 Swimmer Awards
- **Sun, June 28th:** last day of regular season



REGULAR WEEKLY SCHEDULE 23sept2019 – 30apr2020

group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
E group <i>1 – 3 practices per week</i>	3:30 – 4:30	3:30 – 4:30	3:30 – 4:30	3:30 – 4:30	3:30 – 4:30	
	6:00 – 7:00		6:00 – 7:00		4:20 – 5:20	
SwimActive <i>1 – 3 practices per week</i>	5:55 – 7:05	6:10 – 7:20	5:55 – 7:05	6:10 – 7:20		
D group <i>2 – 3 practices per week</i>	5:45 – 7:15	4:45 – 6:15	4:15 – 6:00	4:45 – 6:15	3:45 – 5:15	*8:45 – 10:15am <i>BONUS workout for D group swimmers of FULL program (3 days/wk)</i>
C group <i>3 – 5 water practices per week</i> <i>*GYM: ALL participants require a formal Assessment by DST Strength Coach Scott prior to participating</i>	GYM 5:30 – 6:30	5:45 – 7:15	4:15 – 6:00	5:45 – 7:15	3:45 – 5:30	8:45 – 10:45am
B group <i>4 – 6 water practices per week + 2 gym</i> <i>*GYM: ALL participants require a formal Assessment by DST Strength Coach Scott prior to participating</i>	GYM 7:00 – 8:00am	6:00 – 8:00am	GYM 7:00 – 8:00am	6:00 – 8:00am	GYM 7:00 – 8:00am	7:15 – 9:15am* 8:45 – 10:45am
	4:15 – 6:15		GYM 5:30 – 6:30		5:00 – 7:00	12:15 – 2:15* <i>*invite only</i>
A group <i>*6 – 8 water practices per week + 3 gym</i> <i>*GYM: ALL participants require a formal Assessment by DST Strength Coach Scott prior to participation</i>	GYM 7:00 – 8:00am	6:00 – 8:00am	GYM 7:00 – 8:00am	6:00 – 8:00am	GYM 7:00 – 8:00am	7:15 – 9:15am
	4:15 – 6:15	& 4:15 – 6:15		& 4:15 – 6:15	5:00 – 7:00	& 12:15 – 2:15
group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Interruptions to the Regular Weekly Schedule AFFECTING ALL GROUPS are:

- Statutory Holidays (cancelled due to CAC rental agreement)
- Winter Break (revised schedule)
- Spring Break (revised schedule)

Please refer to www.duncanstingrays.com > Calendars
CHANGES & CONFLICTS are posted online

Commencing Fri 01may20

DST's REGULAR WEEKLY SCHEDULE will be adjusted for many members –
please review your Swimmer's schedule closely.
Questions? Please contact your Swimmer's Coach name@duncanstingrays.com

Please see other side for **ANTICIPATED** late season schedules.
These schedule changes are in cooperation with the CAC rental agreements and to accommodate the local Summer programs for May & June 2020.



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- **Fri, Dec 6th:** DST's Orange & Black I (*time trial, unsanctioned*)
- **Sat, Dec 14th:** DST's Annual Winter Break Invitational
- **Wed, Feb 19th:** DST's Orange & Black II (*time trial, unsanctioned*)
- **Sat Feb 29th & Sun Mar 1st:** DST's Annual Spring Break Invitational
- **Fri, Apr 24th:** DST's Annual Splash-A-Thon & Team Pictures
- **Sat, Jun 20th:** DST's Annual June Jamboree



REGULAR WEEKLY SCHEDULE 01may2020 – 26jun2020 *anticipated*

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E group <i>1 – 3 practices per week</i>	3:30 – 4:30 5:00 – 6:00	3:30 – 4:30	3:30 – 4:30 5:00 – 6:00	3:30 – 4:30	3:30 – 4:30 4:20 – 5:20	
SwimActive <i>1 – 3 practices per week</i>		5:55 – 7:05		5:55 – 7:05		
D group <i>2 – 3 practices per week</i>	5:45 – 7:15	5:45 – 7:15	5:45 – 7:15	5:45 – 7:15	3:45 – 5:15	*8:45 – 10:15am <i>BONUS workout for D group swimmers of FULL program (3 days/wk)</i>
C group <i>3 – 5 water practices per week</i> <i>*GYM: ALL participants require a formal Assessment by DST Strength Coach Scott prior to participating</i>	GYM 5:30 – 6:30	4:15 – 6:00	4:15 – 6:00	4:15 – 6:00	3:45 – 5:30	8:45 – 10:45am
B group <i>4 – 6 water practices per week + 2 gym</i> <i>*GYM: ALL participants require a formal Assessment by DST Strength Coach Scott prior to participating</i>	6:00 – 8:00am GYM 5:30 – 6:30	6:00 – 8:00am	GYM 7:00 – 8:00am GYM 5:30 – 6:30	6:00 – 8:00am	GYM 7:00 – 8:00am 5:00 – 7:00	7:15 – 9:15am* 8:45 – 10:45am 12:15 – 2:15* <i>*invite only</i>
A group <i>*6 – 8 water practices per week + 3 gym</i> <i>*GYM: ALL participants require a formal Assessment by DST Strength Coach Scott prior to participation</i>	GYM 7:00 – 8:00am 4:15 – 6:15	6:00 – 8:00am & 4:15 – 6:15	GYM 7:00 – 8:00am	6:00 – 8:00am & 4:15 – 6:15	GYM 7:00 – 8:00am 5:00 – 7:00	7:15 – 9:15am & 12:15 – 2:15
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Commencing Friday 01may20!

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