



Duncan Swim Team: SAVE THE DATES



- **Wed, Nov 17th:** DST's Annual General Meeting (AGM) via zoom
- **Wed, Dec 1st:** DST's Orange & Black I
- **Sat, Dec 11th:** DST's Annual Winter Break Invitational

02nov2021update: REGULAR WEEKLY SCHEDULE Nov 2021 – apr 2022

NON COMPETITIVE groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
E group <i>*Pls note: in consideration of lane space and staffing, it was necessary to combine into a 2 day/wk program: Mon & Wed, Tues & Thurs</i>	335 – 430 <i>Stages 1 & 2</i> 435 – 530 <i>Stages 2 & 3</i> 535 – 630 <i>Stage 3 only</i>	335 - 430 <i>Stage 2 only</i> 435 - 530 <i>Stage 3 only</i>	335 – 430 <i>Stages 1 & 2</i> 435 – 530 <i>Stages 2 & 3</i> 535 – 630 <i>Stage 3 only</i>	335 - 430 <i>Stage 2 only</i> 435 - 530 <i>Stage 3 only</i>	335 - 430 <i>Stages 2 & 3</i> <i>Single day commitment</i> <i>OR 3rd day/wk commitment</i>	
SwimActive			515 - 645	600 – 730		
Masters		630 - 800				730 – 845am
COMPETITIVE groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
D group	330 – 445	330 - 500		330 - 500	330 – 445	
C group	400 – 445 <i>OPEN INVITE: Yoga</i>	445 – 645	400 – 545	415 – 615 <i>w/ yoga session</i>	445 – 615	845 – 1045am
B group <i>*Tues or Thurs PM option as a double only</i>	400 – 630 <i>w/ yoga session</i>	600 – 800am 445 – 645*	400 – 545 <i>Tues AM makeup session only</i>	600 – 800am 415 – 615* <i>w/ yoga session</i>	445 – 645 345 – 615 <i>Alternative start time @ 445</i>	845 – 1045am
A group						

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 / monthly costs.

Please refer to www.duncanstingrays.com/calendar

CHANGES & CONFLICTS are posted online

A note to Stingrays members:

In consideration of the PHO and all other authority, please note that this is the ANTICIPATED schedule until further notice.

We are all living in extraordinary times.

It is necessary for us all to be considerate as well as flexible whenever possible – we're all in this together!