

Duncan Swim Team: SAVE THE DATES

- Saturday June 11 Saturday June 25: alternative schedule due to CAC shutdown Please see DST website for details
- Sunday, June 26: DST's Annual June Jamboree for ALL Stingrays :D
- Monday, June 27th Thurs June 30th: final week of swimming! Resume pre Alternative schedule
- Early July: DST Team Social year ender: date & location TBD Details will be emailed once finalized!



07jun2022update: REGULAR WEEKLY SCHEDULE June 13 – 25th, 2022

NON COMPETITIVE groups	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
E group *Pls note: in consideration of lane space and staffing, it was necessary to combine into a 2 day/wk program: Mon & Wed, Tues & Thurs	QMS 405 - 500 Stages 1 & 2 505 - 600 Stages 2 & 3 605 - 700 Stage 3 QMS	QMS 335 - 430 Stage 2 only 435 - 530 Stage 3 only 535 - 610 Stage 1 QMS	QMS 405 - 500 Stages 1 & 2 505 - 600 Stages 2 & 3 535 - 610 Stage 1 605 - 700 Stage 3 QMS	QMS 335 - 430 Stage 2 435 - 530 Stage 3 QMS		
SwimActive			515 – 645 QMS			
COMPETITIVE groups	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
D group	515 – 645 FJCC			545 – 715 FJCC	330 – 500 Queen Margaret's School	
C group	Yoga w/ Kim Time & space TBD	600 – 730am FJCC	515 – 645 FJCC	600 – 730am FJCC	330 – 500 QMS or 515 – 645 FJCC	715 – 915am NAC* *Swim BC Divisional Qualifiers
B group *Tues or Thurs PM option as a double only	Yoga w/ Kim Time & space TBD	600 – 730am FJCC 515 – 700 FJCC	515 – 645 FJCC	600 – 730am FJCC	515 – 645 FJCC	715 – 915am NAC
A group						