



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!

09jun2022update: REGULAR WEEKLY SCHEDULE *June 13 – 25th, 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>	QMS 405 - 500 <i>Stages 1 & 2</i> 505 - 600 <i>Stages 2 & 3</i> 605 - 700 <i>Stage 3</i> QMS	QMS 335 - 430 <i>Stage 2 only</i> 435 - 530 <i>Stage 3 only</i> 535 - 610 <i>Stage 1</i> QMS	QMS 405 - 500 <i>Stages 1 & 2</i> 505 - 600 <i>Stages 2 & 3</i> 535 - 610 505 - 535 <i>Stage 1</i> 605 - 700 <i>Stage 3</i> QMS	QMS 335 - 430 <i>Stage 2</i> 435 - 530 <i>Stage 3</i> 535 - 610 <i>Stage 1</i> QMS	Updated!	
	SwimActive			515 - 645 540 - 710 QMS		
COMPETITIVE groups	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
D group	515 – 645 FJCC	615 – 715 FJCC			330 – 500 Queen Margaret's School	
C group	Yoga w/ Kim 400 – 500 CCC: Genoa Room	555 – 735am FJCC	515 – 645 FJCC	555 – 735am FJCC 615 – 715 FJCC	330 – 500 QMS or 515 – 645 FJCC	715 – 915am NAC* <i>*Swim BC Divisional Qualifiers</i>
B group <i>*Tues or Thurs PM option as a double only</i>	Yoga w/ Kim 400 – 500 CCC: Genoa Room	555 – 735am FJCC 515 – 705 FJCC	515 – 645 FJCC	555 – 735am FJCC 515 – 705 FJCC	515 – 645 FJCC	715 – 915am NAC