



Duncan Swim Team: SAVE THE DATES



- **Wednesday, September 14:** Day 1 Competitive Groups
- **Monday, September 19:** Day 1 Non Competitive Groups
- **Weekday, Oct/Nov tbd:** Annual General Meeting (AGM) via zoom
- **Friday, October 7:** Team FUN SWIM & parent social (dry)

25aug2022 release REGULAR WEEKLY SCHEDULE *Sept2022 – Apr2023*

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim School	Active Start	330 – 400		330 – 400	530 – 600		Active Start
	FUN St1	330 – 410	330 – 410	330 – 410	330 – 410		FUN St1
	FUN St2	430 – 520	330 – 420	430 – 520	330 – 420		FUN St2
	FUN St3	530 – 630	430 – 530	530 – 630	430 – 530		FUN St3
SwimActive			545 – 715		545 - 715		
D group		500 – 630	515 – 645		330 – 500	330 - 445	
C group				645 – 745am <i>Dryland: Physical Literacy & Strength</i>			845 – 1045am
		500 - 600 <i>Dryland: Yoga</i>	430 – 615	515 – 645	430 – 615	445 – 615	
B group		645 – 745am <i>Dryland: Physical Literacy & Strength</i>	600 – 800am		600 – 800am	645 – 745am <i>Dryland: Physical Literacy & Strength</i>	830 – 1130am
		345 – 600 <i>Includes Yoga</i>		345 – 545	400 – 500 <i>Dryland: Yoga</i>	345 - 600	
A group		645 – 745am <i>Dryland: Physical Literacy & Strength</i>	600 – 800am		600 – 800am	645 – 745am <i>Dryland: Physical Literacy & Strength</i>	830 – 1130am
		345 – 600 <i>Includes Yoga</i>	345 – 530	345 – 545	400 – 600 <i>Includes Yoga</i>	345 – 600	
Masters			630 - 745				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)

A note to Stingrays members:

This is the anticipated base schedule for all groups. Any updates will have the date released listed on the top menu bar, aside the “Regular Weekly Schedule” title. Changes in scheduling atypical so families can have confidence that there will be ample time to react.

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!