

Hurricanes Swim Team Summer Training Schedule 2024

Hurricanes Summer Training

All of our swimmers are encouraged to stay in the water through July with training offered to swimmers in Monsoon, Tsunami, Typhoon and Pursuit. Our Hurricanes Summer Swim Camps will be available to swimmers in Monsoon, Swim Academy and new swimmers. We will be hosting a swim meet on Saturday, July 20-21 that swimmers from Monsoon-Pursuit are encouraged to join!

Hurricanes Summer Swim Camps

Camps will focus on specific skills with a Freestyle & Backstroke Camp, Butterfly & Breaststroke Camp and Dives & Turns Camp! Monsoon and Swim Academy Swimmers are encouraged to sign up for as many camps as they can fit into their schedule.

Hurricanes Free & Back Camps

Tue Jul 2 4:30-6:30pm
 Tue Jul 9 4:30-6:30pm
 Tue Jul 16 4:30-6:30pm
 Tue Jul 23 4:30-6:30pm
 \$40 per camp
 \$130 for all four weeks

Hurricanes Breast & Fly Camps

Wed Jul 3 4:30-6:30pm
 Wed Jul 10 4:30-6:30pm
 Wed Jul 17 4:30-6:30pm
 Wed Jul 24 4:30-6:30pm
 \$40 per camp
 \$130 for all four weeks

Hurricanes Dive & Turn Camps

Thu Jul 4 4:30-6:30pm
 Thu Jul 11 4:30-6:30pm
 Thu Jul 18 4:30-6:30pm
 Thu Jul 25 4:30-6:30pm
 \$40 per camp
 \$130 for all four weeks

Tsunami / Monsoon

Mon Jun 24 4:45-6:00pm
 Tues Jun 25 4:15-6:00pm
 Wed Jun 26 4:45-6:00pm
 Thu Jun 27 4:45-6:00pm
 June 28-30 **Divisionals Richmond**

Tues Jul 2 4:30-6:30pm
 Wed Jul 3 4:30-6:30pm
 Thu Jul 4 4:30-6:30pm
 Sat Jul 6 8:45-10:00am
 Mon Jul 8 4:45-6:00pm
 Tues Jul 9 4:30-6:30pm
 Wed Jul 10 4:30-6:30pm
 Thu Jul 11 4:30-6:30pm
 Sat Jul 13 8:45-10:00am

Mon Jul 15 4:45-6:00pm
 Tues Jul 16 4:30-6:30pm
 Wed Jul 17 4:30-6:30pm
 Thu Jul 18 4:30-6:30pm
 July 20-21 **HST Swim Meet**

Mon Jul 22 4:45-6:00pm
 Tues Jul 23 4:30-6:30pm
 Wed Jul 24 4:30-6:30pm
 Thu Jul 25 4:30-6:30pm
 \$240 for all training

Pursuit / Typhoon

Mon Jun 24 3:15-6:30pm
 Tues Jun 25 1:15-3:30pm VAC
 4:15-6:00pm
 Wed Jun 26 6:15-8:00am
 2:45-5:00pm
 Thu Jun 27 2:45-5:00pm
 June 28-30 **Divisionals Richmond**

Mon Jul 1 3:15-5pm Time Trial
 Tues Jul 2 1:15-3:30pm VAC
 Wed Jul 3 6:45-10:15am w/yoga
 Thu Jul 4 2:45-4:30pm
 Fri Jul 5 6:45-9:00am
 Sat Jul 6 7:45-10:00am

Mon Jul 8 2:45-5:00pm
 Tues Jul 9 1:15-3:30pm VAC
 Wed Jul 10 6:45-10:15am w/yoga
 Thu Jul 11 4:30-6:30pm
 Sat Jul 13 8:45-10:00am
 July 11-14 **Provincials Kamloops**

Mon Jul 15 4:45-6:00pm
 Tues Jul 16 1:15-3:30pm VAC
 Wed Jul 17 6:45-10:15am w/yoga
 Thu Jul 18 2:45-4:30pm
 Fri Jul 19 6:45-9:00am
 July 20-21 **HST Swim Meet**

Mon Jul 22 4:45-6:00pm
 Tues Jul 23 1:15-3:30pm VAC
 Wed Jul 24 6:45-10:15am w/yoga
 Thu Jul 25 2:45-4:30pm

July 24-30
Canadian Swimming Champs Toronto
 \$390 for all training