



RAVENSONG AQUATIC CLUB

2024-2025 Draft Schedule

Groups		Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Platinum	AM		5:45-7:15AM		5:45-7:15AM		7:15-9:15AM
	PM	3:15-5:15PM	4:15-6:30PM	3:15-5:15PM	4:15-6:30PM	4:15-6:30PM	
Gold	AM		5:45-7:15AM		5:45-7:15AM		7:15-9:15AM
	PM	3:15-5:15PM		3:15-5:15PM		4:15-6:30PM	
Silver	AM		5:45-7:15AM				7:15-9:15AM
	PM	4:15-5:45PM		4:15-5:45PM		4:15-6:00PM	
Bronze	AM		5:45-7:15AM				
	PM	5:00-6:30PM		5:00-6:30PM		3:15-5:00PM	
SwimBits	AM						
	PM	5:30-6:30PM		5:30-6:30PM		3:15-5:00PM	

Each practice includes 15 min dryland prior to swimmers entering the water.

Sunday practices @ NAC in Nanaimo start in November

Please bring water bottle, running shoes and appropriate indoor & outdoor gear to every practice in case we go outside!