

Summer Pool Practice Schedule

June 28th to AAA's

Monday, June 28th 5:15am to 7:00am
Monday, June 28th 4:30pm to 7:00pm
Tuesday, June 29th 4:30pm to 7:00pm
Wednesday, June 30th 5:15am to 7:00am
Thursday, July 1st off*
Friday, July 2nd 4:30pm to 7:00pm
Saturday, July 3rd off*

* One workout will be emailed for the swimmer to complete on their time, on either Thursday or Saturday. Saturday would be the preferred day.

Monday, July 5th 2:45pm to 5:00pm
Tuesday, July 6th 2:45pm to 5:00pm
Wednesday, July 7th off**

** A workout will be provided for the swimmer to complete on their time either Wednesday morning in Maple Ridge or in Kamloops.

After AAA's Schedule

AAA's to Summer Games/Age-Groups schedule will be out after AAA's.