



Sept – Dec Competitive Program Swim Schedule @ Kinsmen Leisure Center



Week #1: September 7th – 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13&O AM						6:30-8:30am <i>Main Pool</i>	
13&O PM		4:00 – 5:30pm <i>Main Pool</i>	4:30 – 6:00pm <i>Main Pool</i>		4:30 – 6:00pm <i>Main Pool</i>		
12&U AM						8:30 – 10:00am <i>Main Pool</i>	
12&U PM		5:30-6:30pm <i>Main Pool</i>	6:00 – 7:00pm <i>Main Pool</i>				

Week #2: September 14th – 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13&O AM						6:30-8:30am <i>Main Pool</i>	
13&O PM	4:00 – 5:30pm <i>Main Pool</i>	4:00 – 5:30pm <i>Main Pool</i>	4:30 – 6:00pm <i>Main Pool</i>		4:30 – 6:00pm <i>Main Pool</i>		
12&U AM						8:30 – 10:00am <i>Main Pool</i>	
12&U PM	5:30-6:30pm <i>Main Pool</i>		6:00 – 7:00pm <i>Main Pool</i>				
Mini Rays <i>Schedule A</i>		4:00 – 5:00pm <i>Dive Tank</i>		4:00 – 5:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	
Mini Rays <i>Schedule B</i>		5:00 – 6:00pm <i>Dive Tank</i>		5:00 – 6:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	



Week #3: September 21st – 27th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13&O AM						6:30-8:30am <i>Main Pool</i>	
13&O PM	4:00 – 5:30pm <i>Main Pool</i>	4:00 – 5:30pm <i>Main Pool</i>	4:30 – 6:00pm <i>Main Pool</i>		4:30 – 6:00pm <i>Main Pool</i>		
12&U AM						8:30 – 10:00am <i>Main Pool</i>	
12&U PM	5:30-6:30pm <i>Main Pool</i>		6:00 – 7:00pm <i>Main Pool</i>				
Mini Rays <i>Schedule A</i>		4:00 – 5:00pm <i>Dive Tank</i>		4:00 – 5:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	
Mini Rays <i>Schedule B</i>		5:00 – 6:00pm <i>Dive Tank</i>		5:00 – 6:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	

Week #4: September 28th – October 4th Week #5: October 5th – 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13&O AM						6:30-8:30am <i>Main Pool</i>	
13&O PM	4:00 – 5:30pm <i>Main Pool</i>	4:00 – 5:30pm <i>Main Pool</i>	4:30 – 6:00pm <i>Main Pool</i>	4:00 – 5:30pm <i>Main Pool</i>	4:30 – 6:00pm <i>Main Pool</i>		
12&U AM						8:30 – 10:00am <i>Main Pool</i>	
12&U PM	5:30-6:30pm <i>Main Pool</i>		6:00 – 7:00pm <i>Main Pool</i>	5:30 – 7:00pm <i>Main Pool</i>			
Mini Rays <i>Schedule A</i>		4:00 – 5:00pm <i>Dive Tank</i>		4:00 – 5:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	
Mini Rays <i>Schedule B</i>		5:00 – 6:00pm <i>Dive Tank</i>		5:00 – 6:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	



Week #6: October 12th – 18th **Week #7:** October 19th – 25th
Week #8: October 26th – 31st **Week #9:** November 2nd – 8th
Week #10: November 9th – 15th **Week #11:** November 16th – 22nd
Week #12: November 23rd – 29th **Week #13:** November 30th – December 6th
Week #14: December 7th – 13th **Week #15:** December 14th – 20th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13&O AM			5:45-7:15am <i>Main Pool</i>			6:30-8:30am <i>Main Pool</i>	
13&O PM	4:00 – 5:30pm <i>Main Pool</i>	4:00 – 5:30pm <i>Main Pool</i>	4:30 – 6:00pm <i>Main Pool</i>	4:00 – 5:30pm <i>Main Pool</i>	4:00 – 6:00pm <i>Main Pool</i>		
12&U AM						8:30 – 10:00am <i>Main Pool</i>	
12&U PM	5:30-6:30pm <i>Main Pool</i>	5:30 – 7:00pm <i>Main Pool</i>	6:00 – 7:00pm <i>Main Pool</i>	5:30 – 7:00pm <i>Main Pool</i>			
Mini Rays <i>Schedule A</i>		4:00 – 5:00pm <i>Dive Tank</i>		4:00 – 5:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	
Mini Rays <i>Schedule B</i>		5:00 – 6:00pm <i>Dive Tank</i>		5:00 – 6:00pm <i>Dive Tank</i>		10:00 – 11:00am <i>Main Pool</i>	

Quick Schedule & Safety Protocol Reminders (In-depth details outlined within “Return to Swim” plan)

All swimmers to be on-deck 15min prior to scheduled pool time ready for a team activation, team discussion or practice briefing.
 All swimmers must have their own water bottle filled prior to leaving home (no filling up at pool), bring 2 if necessary.
 All swimmers must arrive & depart facility with their swim suit worn underneath their clothing to avoid time in changerooms.
 13&O swimmers will remain on-deck 10-15min after scheduled pool time for a post-pool stretch/foam roll or practice de-briefing.

Please contact Head Coach at markchantaj_1@hotmail.com with any questions regarding practice schedule.