



MAY 2019 SCHEDULE

STRATHCONA GARDENS

Effective May 6th

Swimmer of the Week will be awarded Friday at 4:15!

Group	Monday	Tuesday	Wednesday	Thursday	Friday
TYEE Kurtis/Jenna	5:45-7:30 AM ———— 6:30-8:00 PM	6:00-8:00 PM	5:45-7:30 AM ———— 6:00-8:00 PM	6:30-8:00 PM	4:00-5:30 PM DRYLAND 5:45-6:30
CHINOOK (Spring & Coho) Sasha/Sylvie	6:15-7:30 AM ———— 6:30-8:00 PM	6:00-8:00 PM	6:15-7:30 AM ———— 6:30-8:00 PM	6:30-8:00 PM	4:00-5:30 PM DRYLAND: 5:45-6:30
SOCKEYE Kurtis/Sylvie	5:30-7:00 PM	4:30-6:00 PM	5:30-7:00 PM	5:30-7:00 PM	3:15-4:15 PM
CHUM Sasha	5:30-7:00 PM	5:30-7:00 PM	3:45-5:15 PM	4:30-6:00 PM	3:15-4:15 PM
PINK (Pink & Steelhead) Sylvie/Jenna	4:15-5:15 PM	4:30-5:30 PM	3:15-4:15 PM	4:30-5:30 PM	3:15-4:15 PM

TYEE-CHUM: Each PM session includes 30-45 minutes of dryland. Please bring running shoes, a skipping rope, and appropriate athletic attire to each session. Coaches will meet swimmers in the pool lobby.

PINK sessions include 15 minutes of dryland and will meet on the pool deck.

WATER BOTTLES ARE MANDATORY TO ALL SESSIONS. (schedule is subject to change)

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