

## SUMMER SWIM TEAM SCHEDULE\*

Schedule runs from Monday, June 27th to Friday, August 19th

Additional dryland training may take place over the summer, please watch for emails from the coach.

**NOTE: All practices include a 10-15-minute poolside activation**

*\*Please note: There are no practices on Monday, July 1st and Monday, August 1st.*

	MON	TUE	WED	THU	FRI	SAT / SUN
BRONZE	B1 & B2 4:45pm - 6:00pm	B2 4:45pm - 6:00pm  B1 5:45pm - 7:00pm	B1 & B2 5:15pm - 6:30pm	B1 4:45pm-6:00pm  B2 5:45pm-7:00pm	B1 & B2 4:15pm - 5:30pm	SEE SWIM NOVA SCOTIA COMPETITION SCHEDULE
SILVER	5:45pm - 7:00pm	3:45pm - 5:00pm	6:45am - 8:00am	3:45pm - 5:00pm	5:15pm - 6:30pm	
GOLD	3:45pm - 5:00pm	6:45am - 8:00am	3:45pm - 5:30pm	6:45am - 8:00am	6:15pm - 7:30pm	

