



MARCH / SPRING BREAK SCHEDULES

* Please contact your coach directly if you have any questions about your schedule.

YNG & Elite going to BC “AAA” Provincials:

			Thursday 4 th	Friday 5 th	Saturday 6 th	Sunday 7 th
...At “AAA’s” Victoria...						
Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th
OFF	OFF	OFF	4 – 6 P.M.	Senior champ – qual. 4 – 6pm others	Senior champ – qual. Others – OFF	OFF
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th	Saturday 20 th	Sunday 21 st
OFF	OFF	4 – 6 PM	4 – 6 PM	4 – 6 PM	OFF	OFF

Regular practices will resume *Monday afternoon, March 22nd* following the above schedule at 4 – 6 P.M. This gives you a couple of mini breaks and allows you to swim a LC meet after some rest.

Elite, Black, Green, Red going to LMR Champs:

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th	Saturday 6 th	Sunday 7 th
...All Regular...						
Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th
4:30-6 PM	4:30-6 PM	4:30-6 PM	4:30-6 PM	4:30-6 PM	...LMR Champs...	
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th	Saturday 20 th	Sunday 21 st
OFF	OFF	OFF	4 – 6 PM	4 – 6 PM	OFF	OFF

Regular practice schedule will resume *Monday afternoon, March 22nd*.

Blue, Fitness groups – all swimmers

Red, Green groups - Novice Level swimmers (ie. Non-LMR Champs)

Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th
OFF	OFF	OFF	OFF	OFF	OFF	OFF
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th	Saturday 20 th	Sunday 21 st
Regular	Regular	Regular	Regular	Regular	OFF	OFF

Regular practices will resume *Monday afternoon, March 15th*.

White groups:

Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th	Saturday 13 th	Sunday 14 th
off	REGULAR	off	REGULAR	off	off	off
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th	Saturday 20 th	Sunday 21 st
off	REGULAR	off	REGULAR	off	off	off
Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th	Saturday 27 th	Sunday 28 th
All OFF this week...			All OFF this week...		All OFF this week...	
Monday 29 th	Tuesday 30 th	Wednesday 31 st	Thurs. April 1 st	Fri. April 2 nd	Sat. April 3 rd	Sun. April 4 th
off	REGULAR	off	REGULAR	off	off	off