

Island Swimming Practice Schedule September 7 - 20

September 7 - 13

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
CSI Dryland*		5:00pm	2:30 - 3:45pm @Elk Lake	2:30pm	2:30pm	25/26 Athlete Awards Noon - 3pm	
CSI Pool		5:30-7:00pm @Crystal		3:30 - 5:00pm @Crystal	3:30 - 5:00pm @Crystal		3:30 - 5pm @Crystal
National Dryland*		5:00pm		4:30pm			
National Pool		5:30-7:00pm @Crystal	4:00 - 5:30pm @Crystal	5:30 - 7:00pm @Crystal			8:30-10:00am @Crystal
Provincial Dryland**				4:30 - 5:45pm @ Elk Lake			
Provincial Pool			4:30 - 6:00pm @JDF		4:30 - 6:00pm @JDF		11:15 -12:45pm @Crystal
Regional Dryland**			4:30 - 5:45pm @ Elk Lake		4:30 - 5:45pm @ Elk Lake		
Intro Comp Dryland**			4:30 - 5:45pm @ Elk Lake /JDF		4:30 - 5:45pm @ Elk Lake /JDF		

September 14 - 20

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
CSI Dryland*		5:00pm	2:30 - 3:45pm @Elk Lake	2:30pm	2:30pm		
CSI Pool	3:30 - 5:00pm @Crystal	5:30-7:00pm @Crystal		3:30 - 5:00pm @Crystal	3:30 - 5:00pm @Crystal	3:30-4:45pm @Crystal	
National Dryland*		5:00pm		4:30pm			
National Pool		5:30-7:00pm @Crystal	4:00 - 5:30pm @Crystal	5:30 - 7:00pm @Crystal		3:30-4:45pm @Crystal	
Provincial Dryland**		4:30 - 5:45pm @ Elk Lake		4:30 - 5:45pm @ Elk Lake			
Provincial Pool	4:30 - 6:00pm @JDF		4:30 - 6:00pm @JDF		4:30 - 6:00pm @JDF		
Regional Dryland**	4:30 - 5:45pm @ Elk Lake		4:30 - 5:45pm @ Elk Lake		4:30 - 5:45pm @ Elk Lake		
Intro Comp Dryland**	4:30 - 5:45pm @ Elk Lake /JDF		4:30 - 5:45pm @ Elk Lake /JDF		4:30 - 5:45pm @ Elk Lake /JDF		

Crystal: Crystal Pool, 2275 Quadra Street
JDF: Juan de Fuca Pool, 1767 Island Hwy
Elk Lake: Hamsterly Beach (parking lot off Sayward Rd)
JDF Dryland Intro Comp JDF will meet Beth at JDF for dryland

*CSI & National dryland, outside at Crystal pool

**Provincial, Regional & Intro Comp dryland at Elk Lake