



Duncan Swim Team: SAVE THE DATES



- **Mon, 16mar – Sun 22mar2026:** Week 1 *most* groups OFF – enjoy the family time!
- **Mon, 23mar – fri 27mar2026:** Week 2 all groups on = scheduled swims
- **Fri, 03apr – Mon 06apr2026:** all groups OFF – enjoy the family time!
- **Fri, 01may2026:** new REGULAR WEEKLY SCHEDULE (May & June) commences
FUNdamentals Groups are unaffected, minor adjustments for the rest of the Team

12mar2026 Spring Break wk2 SCHEDULE 23mar – 27mar2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FUNdamentals	1000 – 1100am	900 – 1000am	1100am – 1200	900 – 1000am	900 – 1000am	<i>Nil</i>
D Group	845 – 1015am	1100am – 100	1045am – 1215	1100am – 100	745 – 915am	<i>Nil</i>
C Group	1045am – 100	945am – 1230	745 – 1000am	930am – 1230 <i>Includes Physical Literacy</i>	845 – 1100am	<i>Nil</i>
B Group	745 – 11am	715 – 915am	845 – 1115am	715 – 1030am <i>Includes Physical Literacy</i>	1030am – 1215	<i>Nil</i>
A Group	745 – 1100am	715 – 915am	845 – 1115am	715 – 915am	1030am – 1215 345 – 445 S&C	<i>Nil</i>
Fit4Life: Youth	950 – 1105am	<i>Nil</i>	850 – 1005am	<i>off</i>	<i>Nil</i>	<i>Nil</i>
A & B Groups <i>Western National competitors:</i> wk1: Thurs, Fri, Sun wk2: Mon, Tues, Thurs, Fri, Sun	330 - 430 S&C 445 – 645	550 – 745am 445 – 645		550 – 745am 445 – 645	615 – 815am 345 – 445 S&C 445 – 645	SUNDAY LCM training @ NAC 945am - 1215

Interruptions to the Regular Weekly Schedule AFFECTING ALL GROUPS are:

- Statutory Holidays: cancelled due to CAC rental agreement
- Winter Break & Spring Break: revised schedules

Please note: the above interruptions are factored into the Annual membership fees

Please refer to www.duncanstingrays.com/events

CHANGES are posted online. Short notice cancellations will be an email (<48hrs) or phone call (<24hrs)

LEGEND:

- “INVITE” indicates there are requirements to attend this session. Please see the specific Group’s Program Description within the DST Registration Information Booklet

A note to Stingrays members:

This is the anticipated base schedule for all groups. Changes in scheduling are atypical so families can have confidence there will be ample time to review and react to any necessary adjustments.