



Duncan Swim Team: SAVE THE DATES

- **Mon, 22dec2025 – Sun 28dec2025:** all groups OFF – enjoy the family time!
- **Mon, 29dec – Wed 31dec2025:** Week 2 of the Winter Break = scheduled swims
- **Thursday 01jan2026:** all groups OFF – enjoy the family time!
- **Fri, 02jan2026:** Week 2 of the Winter Break = scheduled swim



17dec2025 Winter Break wk2 SCHEDULE 29dec2025 – 02jan2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FUNdamentals	1000 – 1100am <i>Swim</i>	900 – 1000am <i>Swim</i>	1100am – 1200 <i>Swim</i>	<i>off</i>	900 – 1000am <i>Swim</i>	<i>Nil</i>
D Group	845 – 1015am <i>Swim</i>	1100am – 100 <i>Swim + AquaLunch</i>	1045am – 1215 <i>Swim</i>	<i>off</i>	745 – 915am <i>Swim</i>	<i>Nil</i>
C Group	1045am – 100 <i>Swim + AquaLunch</i>	945am – 1230 <i>Swim + Physical Literacy w/ Jacob @ CAC</i>	745 – 1000am <i>Swim + AquaBurn</i>	<i>off</i>	845 – 1100am <i>AquaBurn + Swim</i>	<i>Nil</i>
B Group	745 – 11am <i>Swim + AquaBurn</i>	715 – 915am OR 930 – 1115am w/C group <i>Swim</i> 1130am – 1230 <i>Physical Literacy w/ Jacob @ CAC</i>	845 – 1115am <i>AquaBurn + Swim</i>	<i>off</i>	1030am – 1215 <i>Swim</i> 115 – 215 <i>S&C w/Jacob</i>	<i>Nil</i>
A Group	745 – 1100am <i>Swim + AquaBurn</i> 1145 – 1245 <i>S&C w/Jacob</i>	715 – 915am <i>Swim</i>	845 – 1115am <i>AquaBurn + Swim</i>	<i>off</i>	1030am – 1215 <i>Swim</i> 115 – 215 <i>S&C w/Jacob</i>	<i>Nil</i>
Fit4Life: Youth	950 – 1105am <i>Swim</i>	<i>Nil</i>	850 – 1005am <i>Swim</i>	<i>off</i>	<i>Nil</i>	<i>Nil</i>

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.