



Duncan Swim Team: SAVE THE DATES

- **Saturday, 19sept2026:** DST Annual Awards & Welcome Back (non) BBQ
- **Monday, 28sept2026:** Stingrays startup – all groups are a go!
- **Wednesday, 25nov2026:** DST Annual General Meeting (AGM)



02oct2026 **REGULAR WEEKLY SCHEDULE 28sept2026 – 30apr2027**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
D Group	<i>Active Start</i>				430 - 500		<i>Active Start</i>
	Stage 1	330 – 410	600 – 640	330 – 410		500 – 540	Stage 1
	Stage 2	415 – 500	600 – 645	415 – 500	600 – 645	500 - 545	Stage 2
	Stage 3	500 – 600	600 – 700	500 - 600	600 – 700	500 - 600	Stage 3
Fit4Life		555 – 710		555 – 710			
C group		445 – 615		445 – 615 <i>Full Program only</i>	315 – 500 <i>Entry Program only</i>	315 – 515 <i>Full Program only</i>	815 – 1015am <i>INVITE: Advanced only</i>
B group		600 -745am	315 - 515 <i>includes Physical Literacy</i>	315 – 515		315 – 515	730 – 1015am
A group		315 - 600	540 – 745am 445 – 615	540 – 745am	540 – 745am 445 – 700 <i>Includes S&C "Foundations"(external)</i>	315 - 515	730 – 1015am
National group		615 – 715am <i>S&C (external)</i> 315 - 600	540 – 745am 315 – 515	540 – 745am	540 – 745am 315 - 515	540 – 745am INVITE: 330 - 430 <i>(+/-) S&C (external)</i> 445 - 600	730 – 1015am

A note to Stingrays members:

This is the CONFIRMED base schedule for all groups.

As of 06oct2026, DST has received our CONFIRMED lanes allotments for the period of 28sept2026 – 30apr2027.

LEGEND:

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

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)