



## Duncan Swim Team: SAVE THE DATES

- July 1 – 6: DAAA National Games @ Austin, TX
- July 5 – 11: ManSask Championships @ Winnipeg, MB
- July 6 – 10: Sizzlin’ Summer Splash @ Moses Lake, WA
- July 14 – 23: North American Indigenous Games @ Halifax, NS
- July 22 – 23: Salt Spring Stingrays (BCSSA) Summer Swim Meet @ Salt Spring
- Aug 4 – 6: VI Regionals (BCSSA) Summer Swim Meet @ Cowichan Aquatic Centre



### *29jun2023* REGULAR WEEKLY SCHEDULE

## **02July – 31July2023 – back at the CAC!**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>C group</b>	GYM 630 – 730am	700 – 900am	415 – 615	700 – 900am	415 – 615	815 – 1015am
<b>B group</b>	700 – 900am	700 -900am	GYM 630 – 730am 415 - 615	700 – 900am	GYM 630 – 730am 415 - 615	745 – 1015am

<u><b>GYM</b></u>	<u><b>Yoga</b></u>
<p>We will be continuing our Strength &amp; Conditioning Program with Scott Noa at the Van Isle Strength Gym</p> <p>Address: 5549 Carolyn Way            Facility: Bathroom on site. No Showers. Parking available.            Attire: Regular gym clothing</p>	<p>To be determined!            Please stay tuned for an update on day(s) and location.</p>