



## Duncan Swim Team: SAVE THE DATES

- Monday, 08sept – Sat 20sept2025: DST Comp Groups startup
- Monday, 22sept2025: DST Competitive Groups Day 1 @ CAC
- Monday, 29sept2025: DST Non Competitive Groups Day 1 @ CAC



### 01sept2025 **REGULAR WEEKLY SCHEDULE 22sept – 30apr2026**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FUN - damentals</b>	<i>Active Start</i>	500 – 530			445 – 515		<i>Active Start</i>
	<i>FUN St 1</i>	500 – 540	430 - 510	420 - 500	430 - 510	420 - 500	<i>FUN St 1</i>
	<i>FUN St 2</i>	540 - 630	410 - 500	330 – 420	510 - 600	330 - 420	<i>FUN St 2</i>
	<i>FUN St 3</i>	530 - 630	330 - 430	330 - 430	500 - 600	330 – 430	<i>FUN St 3</i>
<b>SwimActive</b>			325 - 440		555 - 710		
<b>D group</b>		445 - 630		515 – 645 <i>(FULL program only)</i>	315 - 500	INVITE: 430 - 615	
<b>C group</b>		600 -745am	500 – 700 <i>includes Physical Literacy</i>	445 - 645		415-615	815 – 1015am
<b>B group</b>		315 – 545	445 – 700 <i>includes Physical Literacy</i>	545 - 745am  345 – 545	500 – 700 <i>Includes S&amp;C Foundation (external) by INVITE</i>	545-745am	815 – 1015am
<b>A group</b>		615 – 715am <i>S&amp;C (external)</i>  315 – 545	545-745am  315 – 515	545 – 745am	545-745am  315 – 515 OR 430 – 630	545-745am  330 – 430 INVITE: 445 - 545 <i>(+/-) S&amp;C (external)</i>	815 – 1015am
<b>Masters</b>		635 – 810					

#### **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](http://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.