



Duncan Swim Team: SAVE THE DATES



- **Monday, 31mar2025:** Day 1 of Cycle III
- **Saturday, 26apr2025:** VIR Level Up – racing with the ‘Rays
- **May 1 – 31:** DST’s Annual Swim-A-Thon fundraising window
- **Wednesday, 28may2025:** Team Swim-A-Thon (A/B/C groups TBD)

02apr2025 **REGULAR WEEKLY SCHEDULE 02apr – 30apr2025**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
FUN - damentals	<i>Active Start</i>	330 - 400		330 - 400			<i>Active Start</i>
	<i>FUN St 1</i>	330 – 410	420 - 500	330 – 410	420 - 500	330 – 410	<i>FUN St 1</i>
	<i>FUN St 2</i>	410 – 500	330 - 420	410 – 500	330 - 420	410 - 500	<i>FUN St 2</i>
	<i>FUN St 3</i>	400 – 500	330 – 430	400 – 500	330 – 430	330 – 430	<i>FUN St 3</i>
SwimActive			450 - 610		420 - 540		
D group		345 – 515		345 – 515	345 – 515	INVITE: 430 - 615	
C group		615-745am	515-715	445-645 <i>Includes Physical Literacy</i>	630-730am <i>Physical Literacy</i>	415-615	pls check site for details
B group		415 - 645	345-545	545-745am 445 – 645 <i>Includes Physical Literacy</i>	630-730am <i>Physical Literacy</i> 500 - 700	545-745am	pls check site for details
A group		INVITE: 630 – 730am <i>S&C (external)</i> 415-645	545-745am 345-545	545-745am	545-745am 415 – 615	545-745am 330 – 430 INVITE: 500 – 600(+/-) <i>S&C (external)</i>	pls check site for details
Masters			655-810				

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

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
- **BOLDed** times (A/B/C Groups) are the primary sessions for each group. We encourage families to aim to these for your baseline schedule

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.