



Duncan Swim Team: SAVE THE DATES



- **Monday 06jan2025:** Day 1 of Cycle II
- **Fri 01jan – Sun 02feb2025:** DST hosted: Vancouver Island Regional Championships
- **Wednesday 19feb2025:** Orange & Black II
- **Fri 07mar – Sun 09mar2025:** Stingrays' Annual Spring Break Invitational
- **Mon 17mar2025:** Spring Break → pls check website for cancellations & revisions

31dec2024 release

REGULAR WEEKLY SCHEDULE 06jan2025 – 30apr2025

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		550 - 710* <i>*commencing 06feb2025</i>		
D group		345 - 515		345 - 515	345 - 515	INVITE: 430 - 615	
C group		615-745am	515-715 <i>includes Physical Literacy</i>	445-715 <i>includes Physical Literacy</i>	630-730am <i>Physical Literacy</i>	415-615	815 - 1015am
B group		415 - 645	345-545 <i>includes Physical Literacy</i>	545-745am 445 - 715 <i>includes Physical Literacy</i>	630-730am <i>Physical Literacy</i> 500 - 700	545-745am	745 - 1015am <i>OR</i> LC @ NAC 600 - 745am
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>	745 - 1015am <i>OR</i> LC @ NAC 600 - 745am
Masters			655-810		620 - 740am		

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
- **BOLD**ed 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.