

## Hurricanes Swim Team Summer Training Schedule 2025

### Hurricanes Summer Training

All of our swimmers are encouraged to stay in the water through July with training offered to swimmers in Monsoon, Typhoon and Pursuit. Our Hurricanes Summer Swim Camps will be available to swimmers in Monsoon, Swim Academy and new swimmers. We will be hosting a swim meet on Saturday, July 19 that swimmers from Monsoon-Pursuit are encouraged to join!

### Hurricanes Summer Swim Camps

Camps will focus on specific skills with a Freestyle & Backstroke Camp, Butterfly & Breaststroke Camp and Dives & Turns Camp! Monsoon and Swim Academy Swimmers are encouraged to sign up for as many camps as they can fit into their schedule.

#### Hurricanes Free & Back Camps

Tue Jul 8 4:30-6:30pm  
 Tue Jul 15 4:30-6:30pm  
 Tue Jul 22 4:30-6:30pm  
 \$40 per camp  
 \$100 for all three weeks

#### Monsoon

Mon Jun 23 5:00-6:30pm  
 Tues Jun 24 4:15-6:00pm  
 Wed Jun 25 5:00-6:30pm  
 Thu Jun 26 5:00-6:30pm  
 June 27-29 **Divisionals**

#### Hurricanes Breast & Fly Camps

Wed Jul 2 4:30-6:30pm  
 Wed Jul 9 4:30-6:30pm  
 Wed Jul 16 4:30-6:30pm  
 Wed Jul 23 4:30-6:30pm  
 \$40 per camp  
 \$130 for all four weeks

Mon Jun 30 5:00-6:30pm  
 Wed Jul 2 4:30-6:30pm  
 Thu Jul 3 4:30-6:30pm  
 Sat Jul 5 8:45-10:00am

#### Hurricanes Dive & Turn Camps

Thu Jul 3 4:30-6:30pm  
 Thu Jul 10 4:30-6:30pm  
 Thu Jul 17 4:30-6:30pm  
 Thu Jul 24 4:30-6:30pm  
 \$40 per camp  
 \$130 for all four weeks

Mon Jul 7 5:00-6:30pm  
 Tues Jul 8 4:30-6:30pm  
 Wed Jul 9 4:30-6:30pm  
 Thu Jul 10 4:30-6:30pm  
 Sat Jul 12 8:45-10:00am  
 Mon Jul 14 5:00-6:30pm  
 Tues Jul 15 4:30-6:30pm  
 Wed Jul 16 4:30-6:30pm  
 Thu Jul 17 4:30-6:30pm  
 Sat Jul 19 **HST Swim Meet**

Mon Jul 21 5:00-6:30pm  
 Tues Jul 22 4:30-6:30pm  
 Wed Jul 23 4:30-6:30pm  
 Thu Jul 24 4:30-6:30pm  
 \$240 for all training

### Pursuit / Typhoon

Mon Jun 23 3:15-6:30pm  
 Tues Jun 24 1:15-3:30pm VAC  
 4:15-6:00pm  
 Wed Jun 25 6:15-8:00am  
 2:45-5:00pm  
 Thu Jun 26 2:45-5:00pm  
 June 27-29 **Divisionals**

Mon Jun 30 3:15-5pm Time Trial  
 Tue Jul 1 1:15-3:30pm VAC  
 Wed Jul 2 6:45-10:15am w/yoga  
 Thu Jul 3 2:45-5:30pm w/dry  
 Fri Jul 4 6:45-9:00am  
 Sat Jul 5 7:45-11:00am w/dry

Mon Jul 7 2:45-5:00pm  
 Tues Jul 8 1:15-3:30pm VAC  
 Wed Jul 9 6:45-10:15am w/yoga  
 Thu Jul 10 2:45-5:30pm w/dry  
 Fri Jul 11 6:45-9:00am  
 Sat Jul 12 7:45-11:00am w/dry

Mon Jul 15 4:45-6:00pm  
 Tues Jul 16 1:15-3:30pm VAC  
 Wed Jul 17 6:45-10:15am w/yoga  
 Thu Jul 18 2:45-4:30pm  
 July 17-20 **Provincials UBC**  
 Sat Jul 19 **HST Swim Meet**

Mon Jul 21 4:45-6:00pm  
 Tues Jul 22 1:15-3:30pm VAC  
 Wed Jul 23 6:45-10:15am w/yoga  
 Thu Jul 24 2:45-4:30pm  
 July 21-27 **Quebec Grand Prix Montreal**  
 \$390 for all training