

## Hurricanes Swim Team Summer Training Schedule 2026

### 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 July 25-26 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 7 4:30-6:30pm  
 Tue Jul 14 4:30-6:30pm  
 Tue Jul 21 4:30-6:30pm  
 Tue Jul 28 4:30-6:30pm

\$45 per camp

\$150 for all four weeks

#### Hurricanes Breast & Fly Camps

Wed Jul 8 4:30-6:30pm  
 Wed Jul 15 4:30-6:30pm  
 Wed Jul 22 4:30-6:30pm  
 Wed Jul 29 4:30-6:30pm

\$45 per camp

\$150 for all four weeks

#### Hurricanes Dive & Turn Camps

Thu Jul 9 4:30-6:30pm  
 Thu Jul 16 4:30-6:30pm  
 Thu Jul 23 4:30-6:30pm  
 Thu Jul 30 4:30-6:30pm

\$45 per camp

\$150 for all four weeks

#### Monsoon

Mon Jun 29 5:00-6:30pm  
 Tues Jun 30 5:00-6:30pm  
 Thu Jul 2 5:00-6:30pm  
 Sat Jul 4 8:45-10:00am

Mon Jul 6 5:00-6:30pm  
 Tue Jul 7 4:30-6:30pm  
 Wed Jul 8 4:30-6:30pm  
 Thu Jul 9 4:30-6:30pm  
 Sat Jul 11 8:45-10:00am

Mon Jul 13 5:00-6:30pm  
 Tues Jul 14 4:30-6:30pm  
 Wed Jul 15 4:30-6:30pm  
 Thu Jul 16 4:30-6:30pm  
 Fri Jul 17 7:00-9:00am

Mon Jul 20 5:00-6:30pm  
 Tues Jul 21 4:30-6:30pm  
 Wed Jul 22 4:30-6:30pm  
 Thu Jul 23 4:30-6:30pm  
 Sat Jul 25 **HST Swim Meet**  
 Sun Jul 26 **HST Swim Meet**

Tues Jul 28 4:30-6:30pm  
 Wed Jul 29 4:30-6:30pm  
 Thu Jul 30 4:30-6:30pm  
 \$280 for all training

### Pursuit / Typhoon

Mon Jun 29 2:45-6:00pm (w/dry)  
 Tues Jun 30 2:45-5:00pm  
 Wed Jul 1 5:45-7:30am or  
 7:00-9:00am  
 Thu Jul 2 2:45-5:30pm (w/dry)  
 Fri Jul 3 5:45-7:30am or  
 7:00-9:00am  
 Sat Jul 4 7:45-11:00am (w/dry)

Mon Jul 6 2:45-6:00pm (w/dry)  
 Tue Jul 7 2:45-5:00pm  
 Wed Jul 8 5:45-7:30am or  
 7:00-9:00am  
 Thu Jul 9 2:45-5:30pm (w/dry)  
 Fri Jul 10 5:45-7:30am or  
 7:00-9:00am  
 Sat Jul 11 7:45-11:00am (w/dry)

Mon Jul 13 2:45-5:00pm  
 Tues Jul 14 2:45-5:00pm  
 Wed Jul 15 7:00-9:00am  
 Thu Jul 16 2:45-4:30pm  
 Fri Jul 17 7:00-9:00am  
 July 14-17 **Grand Prix Montreal**  
 July 16-19 **Provincials Kamloops**

Tues Jul 21 2:45-5:00pm  
 Wed Jul 22 7:00-9:00am  
 Thu Jul 23 2:45-4:30pm  
 Sat Jul 25 **Victoria Summer Meet**  
 Sun Jul 26 **Victoria Summer Meet**

Tues Jul 28 2:45-5:00pm  
 Thu Jul 30 2:45-5:30pm (w/dry)  
 \$390 for all training

August dryland

Aug 6, 13, 20, 27 - 4:30-5:30pm