

# CBS BLUEFINS SWIM CLUB

## Practice Schedule

2024-2025

January 13 - June 1



| Performance |    | Monday    | Tuesday | Wednesday | Thursday  | Friday | Saturday  | Sunday    |
|-------------|----|-----------|---------|-----------|-----------|--------|-----------|-----------|
|             | AM | 5:30-7:00 |         | 5:30-7:00 |           |        | 5:45-7:30 | 5:45-7:30 |
|             | PM | 5:45-8:00 |         | 5:45-8:00 | 5:45-8:00 |        |           |           |
|             | DL |           |         |           |           |        | 7:30-8:30 | 7:30-8:30 |

| Provincial 2 |    | Monday    | Tuesday | Wednesday | Thursday | Friday | Saturday  | Sunday    |
|--------------|----|-----------|---------|-----------|----------|--------|-----------|-----------|
|              | AM | 5:30-7:00 |         | 5:30-7:00 |          |        | 6:00-7:30 | 6:00-7:30 |
|              | PM | 6:00-8:00 |         | 7:00-8:00 |          |        |           |           |
|              | DL |           |         | 6:00-7:00 |          |        |           |           |

| Provincial 1 |    | Monday    | Tuesday | Wednesday | Thursday  | Friday | Saturday  | Sunday    |
|--------------|----|-----------|---------|-----------|-----------|--------|-----------|-----------|
|              | AM | 5:30-7:00 |         | 5:30-7:00 |           |        | 6:00-7:30 | 6:00-7:30 |
|              | PM |           |         | 6:00-8:00 | 7:00-8:00 |        |           |           |
|              | DL |           |         |           | 6:00-7:00 |        |           |           |

| Age Group 3<br>(Gold) |    | Monday    | Tuesday | Wednesday | Thursday  | Friday | Saturday  | Sunday    |
|-----------------------|----|-----------|---------|-----------|-----------|--------|-----------|-----------|
|                       | AM |           |         | 5:30-7:00 |           |        | 7:30-8:30 | 7:00-8:30 |
|                       | PM | 6:00-8:00 |         |           | 7:00-8:00 |        |           |           |

| Age Group 2<br>(Silver) |    | Monday    | Tuesday | Wednesday | Thursday  | Friday | Saturday  | Sunday    |
|-------------------------|----|-----------|---------|-----------|-----------|--------|-----------|-----------|
|                         | AM | 5:30-7:00 |         |           |           |        | 7:30-8:30 | 7:30-8:30 |
|                         | PM |           |         | 7:00-8:00 | 6:00-7:00 |        |           |           |

| Age Group 1<br>(Bronze) |    | Monday | Tuesday | Wednesday | Thursday  | Friday | Saturday  | Sunday    |
|-------------------------|----|--------|---------|-----------|-----------|--------|-----------|-----------|
|                         | AM |        |         |           |           |        | 7:30-8:30 | 7:30-8:30 |
|                         | PM |        |         | 6:00-7:00 | 6:00-7:00 |        |           |           |

| Pre-Comp<br>(Group 1) |    | Monday    | Tuesday | Wednesday | Thursday | Friday | Saturday  | Sunday |
|-----------------------|----|-----------|---------|-----------|----------|--------|-----------|--------|
|                       | AM |           |         |           |          |        | 7:30-8:30 |        |
|                       | PM | 6:00-7:00 |         | 6:00-7:00 |          |        |           |        |

| Pre-Comp<br>(Group 2) |    | Monday    | Tuesday | Wednesday | Thursday  | Friday | Saturday | Sunday    |
|-----------------------|----|-----------|---------|-----------|-----------|--------|----------|-----------|
|                       | AM |           |         |           |           |        |          | 7:30-8:30 |
|                       | PM | 7:00-8:00 |         |           | 7:00-8:00 |        |          |           |

| Tiny Tuna |    | Monday | Tuesday | Wednesday | Thursday  | Friday | Saturday | Sunday |
|-----------|----|--------|---------|-----------|-----------|--------|----------|--------|
|           | AM |        |         |           |           |        |          |        |
|           | PM |        |         |           | 6:00-7:00 |        |          |        |

*\*\*Practice Schedules, Group Descriptions & Rosters are reviewed and modified on a regular basis by the Head Coach in conjunction with Assistant Coaches and club executive and are subject to change.*