



# Nanaimo White Rapids Swim Club

## July and August Schedule

(Effective Monday, July 4<sup>th</sup>)

\* indicates a 30 minute dryland.

| Groups                              |    | Monday        | Tuesday       | Wednesday     | Thursday      | Friday      |
|-------------------------------------|----|---------------|---------------|---------------|---------------|-------------|
| The 66ers<br>(Byron/Baylee)         | AM |               |               |               | 7:45-9:00AM   | 6:45-8:00AM |
|                                     | PM | 6:45-8:00PM   | *6:30-8:00PM* | 6:45-8:00PM   | 7:00-8:15PM   |             |
| Ferry Traffic<br>(Byron/Vanessa)    | AM | 7:30-8:45AM   |               |               | 6:45-8:00AM   |             |
|                                     | PM |               | 5:45-7:00PM   | *3:30-5:00PM* |               | 4:45-6:00PM |
| Bathtub Weekend<br>(Byron/Courtney) | AM |               |               | 7:30-8:45AM   |               | 5:45-7:00AM |
|                                     | PM | *5:30-7:00PM* | 3:00-4:30PM   |               | 5:00-6:15PM   |             |
| Nanaimo Bars<br>(Baylee/Vanessa)    | AM |               | 7:45-9:00AM   |               | 6:45-8:00AM   |             |
|                                     | PM | *5:30-7:00PM* |               | 4:45-6:00PM   |               | 3:00-4:15PM |
| Bergen-Op-Zoom<br>(Vanessa/Taylor)  | AM |               | 6:45-8:00AM   |               |               | 5:45-7:00AM |
|                                     | PM | 4:45-6:00PM   |               | 5:45-7:00PM   | *3:45-5:15PM* |             |
| Bastion<br>(Eliza)                  | AM |               | 6:45-8:00AM   |               |               |             |
|                                     | PM | *4:30-6:00PM* |               | 4:45-6:00PM   | 4:00-5:15PM   | 3:00-4:15PM |
| Linley Valley<br>(Nyree)            | AM |               |               |               |               | 7:45-9:00AM |
|                                     | PM | 3:45-5:00PM   | 3:00-4:00PM   |               | 3:30-4:30PM   |             |
| Sugarloaf<br>(Courtney)             | AM |               | 7:45-9:00AM   |               |               | 7:45-9:00AM |
|                                     | PM | 4:00-5:15PM   |               | *2:45-4:00PM* | 3:00-4:15PM   |             |
| Buttertubs<br>(Courtney)            | AM |               |               |               |               |             |
|                                     | PM | *2:45-4:15PM* | 5:45-7:00PM   | 3:45-5:00PM   |               | 4:45-6:00PM |
| Colliery<br>(Eliza)                 | AM |               |               |               |               |             |
|                                     | PM | 3:00-4:00PM   | *3:30-4:30PM* | 3:00-4:00PM   | 5:00-6:00PM   | 4:00-5:00PM |
| Blueback<br>(Taylor)                | AM |               |               |               |               |             |
|                                     | PM | 4:00-5:00PM   | *4:00-5:00PM* | 3:00-4:00PM   | 3:00-3:45PM   |             |
| Dingle Bingle<br>(Andrew/Jessica)   | AM |               |               |               |               |             |
|                                     | PM | 3:30-4:15PM   | *4:00-5:00PM* |               | 3:30-4:15PM   | 4:00-5:00PM |
| Twiggly Wiggly<br>(Nyree)           | AM |               |               |               |               |             |
|                                     | PM | 3:00-3:45PM   | *4:00-5:00PM* |               | 3:00-3:45PM   | 4:00-5:00PM |
| Water Polo<br>(Ages 10 & Up)        | AM |               |               |               |               |             |
|                                     | PM |               | 5:00-6:00PM   |               | 6:15-7:15PM   |             |
| Synchro<br>(Courtney)               | AM |               |               |               |               |             |
|                                     | PM |               |               |               |               | 6:00-7:00PM |



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**Note: Each practice time includes 15 minutes of dryland prior to swimmers entering the water. Please bring to every practice: (runners, water bottle, cap, goggles, suit, and towel). Swimmers that do not have shoes on for dryland will not be able to participate in full warm up activities for safety reasons.**

### **Important Dates:**

- **July 1<sup>st</sup> to 3<sup>rd</sup>** – Nanaimo Invitational
- **July 8<sup>st</sup> to 10<sup>th</sup>** – Salt Spring Meet
- **July 11<sup>th</sup> to 15<sup>th</sup>** – Hell Week
- **July 16<sup>th</sup> to 17<sup>th</sup>** – Oak Bay Meet
- **July 23<sup>th</sup> to 24<sup>th</sup>** – Sidney Meet
- **July 26<sup>th</sup>** – Blue & White Day #2 + Spaghetti Dinner
- **July 30<sup>th</sup> to 31<sup>st</sup>** – North Delta Meet
- **August 5<sup>th</sup> to 7<sup>th</sup>** – Regionals (NAC)
- **August 19<sup>th</sup> to 21<sup>st</sup>** – Provincials (Coquitlam)