



Nanaimo White Rapids Swim Club

May and June Schedule

(Effective Monday May 9th)

Groups		Monday	Tuesday	Wednesday	Thursday	Friday
The 66ers (Byron/Baylee)	AM				6:45-8:00AM	5:45-7:00AM
	PM	7:45-8:45PM	6:45-8:00PM	5:30-6:45PM	6:00-7:00PM	
Ferry Traffic (Byron/Vanessa)	AM		6:45-8:00AM			
	PM	4:45-6:00PM		3:30-4:45PM	6:45-8:00PM	6:00-7:15PM
Bathtub Weekend (Byron/Courtney)	AM					5:45-7:00AM
	PM	6:45-8:00PM	5:45-7:00PM	6:30-7:45PM	6:00-7:15PM	
Nanaimo Bars (Baylee/Vanessa)	AM				6:45-8:00AM	
	PM	6:45-8:00PM	5:45-7:00PM	4:30-5:45PM		5:00-6:15PM
Bergen-Op-Zoom (Vanessa/Taylor)	AM					6:45-8:00AM
	PM	5:45-7:00PM	4:45-6:00PM	6:30-7:45PM	5:00-6:15PM	
Bastion (Eliza)	AM		6:45-8:00AM			
	PM	5:45-7:00PM		4:30-5:45PM	3:30-4:30PM	5:00-6:15PM
Linley Valley (Nyree)	AM					
	PM	4:00-5:15PM	3:30-4:30PM	3:30-4:45PM		3:30-4:30PM
Sugarloaf (Courtney)	AM					6:45-8:00AM
	PM	5:00-6:15PM	4:45-6:00PM		5:15-6:15PM	
Buttertubs (Courtney)	AM					
	PM	4:00-5:00PM	3:30-4:30PM		4:15-5:15PM	3:30-4:30PM
Colliery (Eliza)	AM					
	PM	4:00-5:00PM	3:30-4:30PM		4:15-5:15PM	3:30-4:30PM
Blueback (Taylor)	AM					
	PM	3:30-4:15PM	4:15-5:00PM		3:30-4:30PM	4:15-5:15PM
Dingle Bingle (Andrew/Hamish/Jessica)	AM					
	PM	3:30-4:15PM	4:15-5:00PM		4:45-5:30PM	4:15-5:15PM
Twiggly Wiggly (Nyree)	AM					
	PM	3:30-4:15PM	4:15-5:00PM		4:15-5:00PM	4:15-5:15PM



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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:

- **Sunday, May 8th**- Gators Go for Gold Camp @ NAC
- **Saturday, May 14th**- Tag day (various locations)
- **Friday, May 27th** – Team and individual photos
- **Saturday, May 28th**- Blue & White Meet