



Nanaimo White Rapids Swim Club

July Schedule

(Effective July 2nd to 31st)

Groups		Monday	Tuesday	Wednesday	Thursday	Friday
Zonda (Rachel / Nyah / Jakob)	AM			7:45 - 9:00		6:45 - 8:00
	PM	7:00 - 8:30	7:00 - 8:30	4:00 - 5:45*	6:00 - 7:30	
Bayamo (Jakob)	AM			6:45 - 8:00		7:45 - 9:00
	PM	6:00 - 7:15	6:00 - 7:15		4:00 - 5:15	
Zephyros (Rachel / Brent)	AM		6:45 - 8:15			7:45 - 9:00
	PM	6:00 - 7:15		3:00 - 4:30*	5:00 - 6:15	
Mango Storm (Ava / Nyah)	AM			6:45 - 8:00		
	PM	5:00 - 6:15	6:00 - 7:15		5:00 - 6:15	4:00 - 5:15
Pali (Hannah / Sofia)	AM				6:45 - 8:00	
	PM	4:00 - 5:15	5:00 - 6:15	3:15 - 4:30		5:00 - 6:15
Sirocco (Ava / Raine)	AM				6:45 - 8:00	
	PM	4:00 - 5:15	4:00 - 5:15	3:15 - 4:30		5:00 - 6:15
Santa Anna (Brent / Eden)	AM			6:45 - 8:00		
	PM	5:00 - 6:15	5:00 - 6:15		4:00 - 5:15	5:00 - 6:15
Sharki (Hannah)	AM				7:45 - 9:00	
	PM	3:15 - 4:15	4:00 - 5:15			4:00 - 5:15
Elephanta (Eden)	AM				7:45 - 8:45	
	PM	3:15 - 4:15	4:00 - 5:15			4:00 - 5:00
Euros (Raine)	AM					
	PM	3:15 - 4:15	3:15 - 4:15		3:15-4:15	3:15 - 4:15
Briza (Sofia)	AM					
	PM	3:15 - 4:15	3:15 - 4:15		3:15-4:15	3:15 - 4:15
Intro (Brent / Hannah)	AM					
	PM		3:15 - 4:15		3:15 - 4:15	3:15 - 4:15
Water Polo (Junior)	AM	6:45 - 8:00				
	PM			6:15 - 7:15		
Water Polo (Senior)	AM	6:45 - 8:00				
	PM			7:15 - 8:30		

*30min dryland



Nanaimo White Rapids Swim Club

July Schedule

(Effective July 2nd to 31st)

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.

Special events:

June 30th - July 1st: No Practice

July 5th - 6th: Campbell River Salmon Kings Swim Meet

July 12th - 13th: Saltspring Stingrays Swim Meet

July 14th - 18th: Hell Week

July 19th - 20th: Sidney Piranhas Swim Meet

July 30th: Blue & White Day #3, Family Picnic & Pie the Coaches

August 1st - 3rd: Regionals in Courtenay