



Nanaimo White Rapids Swim Club

May & June Schedule

(Effective Monday May 5th)

Groups		Monday	Tuesday	Wednesday	Thursday	Friday
Zonda (Rachel / Nyah / Jakob)	AM					6:45 - 8:00
	PM	7:00 - 8:30	6:45 - 8:30*	4:15 - 5:45	6:00 - 7:30	
Bayamo (Jakob)	AM				6:45 - 8:00	
	PM	6:00 - 7:15	5:00 - 6:15	3:15 - 4:30		5:00 - 6:15
Zephyros (Rachel / Brent)	AM			6:45 - 8:00		
	PM	6:00 - 7:15	6:00 - 7:15		5:00 - 6:15	4:00 - 5:15
Mango Storm (Ava / Nyah)	AM				6:45 - 8:00	
	PM	4:00 - 5:15	5:00 - 6:15	3:15 - 4:30		5:00 - 6:15
Pali (Hannah / Sofia)	AM			6:45 - 8:00		
	PM	4:00 - 5:15	4:00 - 5:15		5:00 - 6:15	4:00 - 5:15
Sirocco (Ava / Raine)	AM			6:45 - 8:00		
	PM	5:00 - 6:15	4:00 - 5:15		4:00 - 5:15	4:00 - 5:15
Santa Anna (Brent / Eden)	AM		6:45 - 8:00			
	PM	5:00 - 6:15		3:15 - 4:30	4:00 - 5:15	5:00 - 6:15
Sharki (Hannah) (will be doing lengths)	AM					
	PM	3:15 - 4:15	3:15 - 4:15		3:15 - 4:15	3:15 - 4:15
Elephanta (Eden)	AM					
	PM	3:15 - 4:15	3:15 - 4:15		3:15 - 4:15	3:15 - 4:15
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
Water Polo (Junior) Starts May 14 th	AM	6:45 - 8:00				
	PM			6:15 - 7:15		
Water Polo (Senior) Starts May 14 th	AM	6:45 - 8:00				
	PM			7:15 - 8:30		

*30min dryland



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Note: Each practice time includes 15 minutes of dryland prior to swimmers entering the water. Water polo starts Wednesday May 14th.

Please bring to every practice: (runners, water bottle, cap, goggles, suit, and towel). Swimmers that do not have proper shoes on for dryland will not be able to participate in full warm up activities for safety reasons.

Special events:

May 9th: Welcome Picnic / Open House & Family Swim

May 14th: Blue & White day #1

May 19th: Victoria Day – No practice

May 21st: Mile Swim #1

May 24th: Blue & White Meet

May 31st – June 1st: CVB Ice-Breaker Swim Meet

June 6th: Mile Swim #2

June 7th: Bottle Drive

June 11th: Blue & White Day #2

June 14th – 15th: Courtenay Blue Devils Swim Meet

June 19th: Mile Swim #3

June 21st – 22nd: Oak Bay Orcas Swim Meet

June 26th: Last day of May / June Schedule

June 27th – 29th: Nanaimo Swim Meet