

Post Regionals Practices 2025

Following Regionals, swimmers will be grouped based on whether they will be attending the Provincial Championships or not.

Provincial Qualifiers Attending Provincials: Div 1-3 (incl. 15 min dryland)

	Mon 4 th	Tue 5 th	Wed 6 th	Thur 7 th	Fri 8 th	Mon 11 th	Tue 12 th	Wed 13 th
AM					7:45-9:00	7:45-9:00		7:45-9:00
PM	Holiday	4:00-5:15	3:15-4:30	4:45-6:00	*3:30-5:00 Water battle		6:00-7:15	

Coaches: Rachel, Nyah, Jakob

Provincial Qualifiers Attending Provincials: Div 4-8 (incl. 15 min dryland)

	Mon 4 th	Tue 5 th	Wed 6 th	Thur 7 th	Fri 8 th	Mon 11 th	Tue 12 th	Wed 13 th
AM		7:45-9:00			7:45-9:00	7:45-9:00		7:45-9:00
PM	Holiday	4:00-5:30	3:15-4:45	4:45-6:15	*3:30-5:00 Water battle		6:00-7:15	

Coaches: Rachel, Nyah, Jakob

Swimmers not Attending Provincials: Div 1-3 (incl. 15 min dryland)

	Mon 4 th	Tue 5 th	Wed 6 th	Thur 7 th	Fri 8 th (LAST PRACTICE)
AM			7:15-8:15		
PM	Holiday	3:15-4:15		3:15-4:15	*3:30-5:00 Water battle

Coaches: Brent, Sofia, Eden

Swimmers not Attending Provincials: Div 4-8 (incl. 15 min dryland)

	Mon 4 th	Tue 5 th	Wed 6 th	Thur 7 th	Fri 8 th (LAST PRACTICE)
AM			8:00-9:00		
PM	Holiday	5:15-6:15		4:00-5:00	*3:30-5:00 Water battle

Coaches: Ava, Hannah, Raine

Friday August 8th – Club Wide Water Battle / Fun Swim

- Water Battle – 3:30-4:15pm
- Fun Swim – 4:15-5pm

Swimmers that are **not attending Provincials** will swim until **August 8th**.

Swimmers that are **attending Provincials** will swim until **August 13th**. There will be a practice in Prince George **Thursday August 14th**. Provincials take place from **August 15th to 17th**.