



# Pointe-Claire Swim Club

## Training Schedule 2023-2024



Group	COACH	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Performance Pathway	National Performance	Philip Garverick Chris Bielby	8-9x	5:30 - 7:30 am P 10:50 Deep 0-9 + 6:50 LCM 1-6	5:30 - 7:30 am P 10:50 LCM 0-9		5:30 - 7:30 am P 10:50 LCM 0-9	6:00 - 8:00 am P 10:50 Sha 0-9 8:00 - 9:00 am D Weight Room, MP1-3, Gymnasium		
				3:00 - 4:00 pm D Weight Room, MP1-3, Gymnasium	3:00 - 4:00 pm D MP1-3	3:00 - 4:00 pm D Weight Room, MP1-3, Gymnasium	3:00 - 4:00 pm D MP1-3	3:00 - 4:00 pm D Weight Room, MP1-3	3:00 - 4:00 pm D Weight Room, MP1-3	9:00 - 9:30 am D Weights (Make Up)
				4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Widths	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Sha 0-9	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	
	Junior National Performance	Philip Garverick Chris Bielby	8-9x	5:30 - 7:30 am P 10:50 Deep 0-9 + 6:50 LCM 1-6	5:30 - 7:30 am P 10:50 LCM 0-9		5:30 - 7:30 am P 10:50 LCM 0-9	6:00 - 8:00 am P 10:50 Sha 0-9 8:00 - 9:00 am D Weight Room, MP1-3, Gymnasium		
				3:00 - 4:00 pm D Weight Room, MP1-3, Gymnasium	3:00 - 4:00 pm D MP1-3	3:00 - 4:00 pm D Weight Room, MP1-3, Gymnasium	3:00 - 4:00 pm D MP1-3	3:00 - 4:00 pm D Weight Room, MP1-3	3:00 - 4:00 pm D Weight Room, MP1-3	9:00 - 9:30 am D Weights (Make Up)
				4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Widths	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	
	Age Group Performance	Etienne Paquet	6-7x	5:30 - 7:30 am P 10:50 Deep 0-9 <i>Invite Only (Practice #7)</i>				6:00 - 8:00 am P 6:50 Deep 1-6 8:00 - 9:00 am D MP4		
				4:30 - 6:30 pm P 6:50 Deep 1-6 6:30 - 7:30 pm D 6:30-7:00 on Deck / 7:00-7:30 Mez	4:30 - 6:30 pm P 6:50 Deep 1-6	4:30 - 6:00 pm P 6:50 Deep 1-6	5:30 - 6:30 pm D Gymnasium	6:30 - 8:00 pm P 4:30 - 6:30 pm P	6:50 Deep 1-6	
Sport-Études Program	Sport-Études Performance	Philip Garverick	8-9x	5:30 - 7:30 am P 10:50 Deep 0-9	5:30 - 7:30 am P 10:50 LCM 0-9		5:30 - 7:30 am P 10:50 LC 0-9	6:00 - 8:00 am P 10:50 Sha 0-9 8:00 - 9:00 am D MP1-3, Gymnasium		
				1:00 - 2:00 pm D MP1-3, Mezzanine	1:00 - 3:00 pm P 10:50 Widths	1:00 - 2:00 pm D MP4 and Mezzanine	1:00 - 3:00 pm P 10:50 Widths	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3	
				2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	3:00 - 4:00 pm D <i>Invite Only (Practice #9)</i>	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	3:00 - 4:00 pm P Weight Room, MP1-3	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	
	Sport-Études Development Senior	Stephanie Shewchuk	6-8x	5:30 - 7:30 am P 10:50 Deep 0-9 <i>Invite Only (Practice #7)</i>				5:30 - 7:30 am P 10:50 LC 0-5 or 6-50 LCM <i>Invite Only (Practice #8)</i>	6:00 - 8:00 am P 10:50 Deep 4-9 8:00 - 9:00 am D MP1-3, Gymnasium	
				1:00 - 2:00 pm D MP1-3, Mezzanine	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP4 and Mezzanine	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3, Mezzanine	1:00 - 2:00 pm D MP1-3, Mezzanine	
				2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	
	Sport-Études Development Junior	Natalia Kalbarczyk	6-7x	5:30 - 7:30 am P 10:50 Deep 0-9 <i>Invite Only (Practice #7)</i>					6:00 - 8:00 am P 10:50 Deep 4-9 8:00 - 9:00 am D MP1-3, Gymnasium	
				1:00 - 2:00 pm D MP1-3, Mezzanine	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP4 and Mezzanine	1:00 - 2:00 pm D MP1-3	1:00 - 2:00 pm D MP1-3, Mezzanine	1:00 - 2:00 pm D MP1-3, Mezzanine	
				2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	2:00 - 4:00 pm P 10:50 Sha 0-9 + Widths	
Development Pathway	Senior Provincial	Felix Gosselin	8x	5:30 - 7:30 am P 10:50 Deep 0-9	4:00 - 6:00 pm P 10:50 Sha 0-4	5:30 - 7:30 am P 10:50 LCM 1-6	4:00 - 6:00 pm P 10:50 Widths	6:00 - 8:00 am P 10:50 Deep 0-3 8:00 - 9:00 am D MP1-3, Weight Room		
				4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	6:00 - 6:30 pm D MP1-3	4:00 - 6:00 pm P 10:50 Sha 0-9 + Widths	6:00 - 6:30 pm D MP1-3	6:00 - 6:30 pm D MP1-3	6:00 - 6:30 pm D MP1-3	9:00 - 9:30 am D Weight Room
				6:00 - 7:00 pm D Mezzanine - Far	6:30 - 7:00 pm D Mezzanine Far	6:00 - 6:30 pm E On Deck - Education	6:00 - 6:30 pm E On Deck Dryland	6:30 - 7:00 pm D On Deck Dryland	6:30 - 7:00 pm D On Deck Dryland	
	Junior Provincial	Paul Biloserskyj	7x	5:30 - 7:30 am P 10:50 Deep 0-5		5:30 - 7:30 am P 10:50 Deep 0-5		5:30 - 7:30 am P 6:50 LCM 1-6	6:00 - 8:00 am P 10:50 Deep 5-9	
				5:00 - 6:00 pm D MP1-3	4:00 - 6:00 pm P 10:50 Sha 5-9	4:30 - 6:00 pm D+E Mezzanine - Dryland and Education	4:30 - 6:30 pm P 6:50 Deep 1-6	4:30 - 6:30 pm P 6:50 Deep 1-6	4:30 - 6:30 pm P 6:50 Deep 1-6	
				6:00 - 8:00 pm P 10:50 Sha 6-9	6:00 - 6:30 pm D On Deck Dryland	6:00 - 7:00 pm P Stroke School	6:00 - 7:00 pm P Stroke School	6:30 - 7:00 pm D Mezzanine - Far	6:30 - 7:00 pm D Mezzanine - Far	
	Provincial Development	Mark McLellan Caleb McKay	7x	5:30 - 7:30 am P 10:50 Deep 0-5		5:30 - 7:30 am P 10:50 Deep 0-5		5:30 - 7:30 am P 6:50 Sha 1-6	6:00 - 8:00 am P 6:50 Sha 1-6 8:00 - 9:00 am D Mezzanine - Far	
				5:00 - 6:00 pm D MP4	6:00 - 8:00 pm P 10:50 Sha 3-5	6:30 - 7:00 pm E On Deck - Education	5:00 - 6:00 pm D Mezzanine - Far	5:00 - 6:00 pm D Mezzanine - Far	5:00 - 6:00 pm D Mezzanine - Far	
				6:00 - 8:00 pm P 10:50 Sha 3-5	6:00 - 8:00 pm P 10:50 Sha 3-9	6:00 - 8:00 pm P Stroke School	6:00 - 8:00 pm P 10:50 Sha 5-9	6:00 - 8:00 pm P 10:50 Sha 3-9	6:00 - 8:00 pm P 10:50 Sha 3-9	
Age Group A	Natalia Kalbarczyk	6-7x	5:30 - 7:30 am P 10:50 Deep 0-9 <i>Invite Only (Practice #7)</i>					6:00 - 8:00 am P 6:50 Deep 1-6 8:00 - 9:00 am D MP4		
			4:30 - 6:30 pm P 6:50 Deep 1-6 6:30 - 7:30 pm D 6:30-7:00 on Deck / 7:00-7:30 Mez	4:30 - 6:30 pm P 6:50 Deep 1-6	4:30 - 6:00 pm P 6:50 Deep 1-6	5:30 - 6:30 pm D Gymnasium	6:30 - 8:00 pm P 4:30 - 6:30 pm P	6:50 Deep 1-6		
Age Group B	Erica Dobby	6x	5:30 - 7:30 am P 10:50 Deep 0-4	5:30 - 6:30 pm D Gymnasium	5:30 - 6:00 pm P 6:30 - 8:00 pm P 10:50 Deep 0-4	5:30 - 6:30 pm D+E 5:30-6:00 MP4 / 6:00-6:30 on Deck Dryland and Education	5:30 - 6:30 pm D 5:30-6:00 MP1-3 / 6:00-6:30 on Deck	6:00 - 8:00 am P 10:50 Widths 8:00 - 9:30 am P		
			6:30 - 8:00 pm P 10:50 Deep 0-4	6:30 - 8:00 pm P 10:50 Deep 0-3	6:30 - 8:00 pm P 10:50 Deep 0-4	6:30 - 8:00 pm P 10:50 Deep 0-2 Stroke School	6:30 - 8:00 pm P 10:50 Deep 0-3	6:30 - 8:00 pm P 10:50 Deep 0-3		
Age Group C	Hannah Beaucage	6x	5:30 - 6:30 pm D Gymnasium	6:30 - 8:00 pm P 10:50 Deep 5-9	5:30 - 6:30 pm D Gymnasium	5:30 - 6:30 pm D Gymnasium	6:45 - 7:15 pm E On Deck - Education	7:30 - 8:00 pm D Gymnasium		
			6:30 - 8:00 pm P 10:50 Deep 5-9	6:30 - 8:00 pm P 10:50 Deep 4-7	6:30 - 8:00 pm P 10:50 Deep 5-9	6:30 - 8:00 pm P 10:50 Deep 0-2 Stroke School	6:30 - 8:00 pm P 10:50 Deep 4-7	6:30 - 8:00 pm P 10:50 Deep 4-7		
Acquisition Pathway - 10 years old and Under	Bout de Chou 1A	Nicole Waldie	5x	5:00 - 6:00 pm D Mezzanine - Far		5:30 - 6:00 pm E On Deck - Education		5:00 - 6:00 pm D Mezzanine - Far		
				6:00 - 7:00 pm P 10:50 Sha 0-2		6:00 - 7:30 pm P 6:50 Deep 1-3	6:00 - 7:30 pm P 10:50 Sha 0-4	6:00 - 7:30 pm P 6:50 Sha 4-6	10:50 Sha 10 Lanes	
	Bout de Chou 1B	Rebeka Tabak	5x		5:00 - 6:00 pm D Mezzanine - Far	5:30 - 6:00 pm E On Deck - Education		5:00 - 6:00 pm D Mezzanine - Far		
					6:00 - 7:30 pm P 10:50 Sha 0-2	6:00 - 7:30 pm P 6:50 Deep 4-6	6:30 - 8:00 pm P 10:50 Sha 0-4	6:00 - 7:00 pm P 10:50 Sha 0-2	10:50 Sha 10 Lanes	
	Bout de Chou 1C	Danylo Sosnovik	5x	5:00 - 6:00 pm D Mezzanine - Far		5:00 - 6:00 pm D MP1-3		6:00 - 6:30 pm E On Deck - Education		
				6:00 - 7:30 pm P 6:50 Sha 4-6	6:30 - 7:30 pm P 10:50 Deep 8-9	6:00 - 7:00 pm P 10:50 Sha 3-5	6:00 - 7:00 pm P 10:50 Sha 3-5	6:30 - 8:00 pm P 10:50 Deep 8-9	10:50 Sha 10 Lanes	
	Bout de Chou 1D	Melissa Allan	5x		5:00 - 6:00 pm D Mezzanine - Far	5:00 - 6:00 pm D MP1-3		5:30 - 6:00 pm E On Deck - Education		
				7:00 - 8:00 pm P 10:50 Sha 0-2	6:00 - 7:30 pm P 6:50 Sha 4-6	6:00 - 7:30 pm P 10:50 Sha 0-2	6:00 - 7:30 pm P 10:50 Sha 0-2	6:00 - 7:30 pm P 6:50 Sha 4-6	10:50 Sha 10 Lanes	
	Bout de Chou 2A	Caitlin Miller	4x	6:00 - 6:30 pm D MP4	6:00 - 6:30 pm D Mezzanine - Far					
				6:30 - 7:30 pm P 6:50 Deep 1-2	6:30 - 7:30 pm P 6:50 Deep 3-4		6:30 - 7:30 pm P 6:50 Deep 5-6		7:00 - 8:00 am P Yards	
	Bout de Chou 2B	Mariana Buzo	4x	6:00 - 6:30 pm D MP4				6:00 - 6:30 pm D Mezzanine - Far		
				6:30 - 7:30 pm P 6:50 Deep 3-4	6:30 - 7:30 pm P 6:50 Deep 5-6		6:30 - 7:30 pm P 6:50 Deep 1-2	6:30 - 7:30 pm P 6:50 Deep 1-2	7:00 - 8:00 am P Yards	
Bout de Chou 2C	Rachel Beaucage	4x		6:00 - 6:30 pm D Mezzanine - Far			6:00 - 6:30 pm D Mezzanine - Far			
				6:30 - 7:30 pm P 6:50 Deep 1-2		6:30 - 7:30 pm P 6:50 Deep 3-4	6:30 - 7:30 pm P 6:50 Deep 5-6	7:00 - 8:00 am P Yards		
Bout de Chou 2D	Zoe Jack	4x					6:00 - 6:30 pm D Mezzanine - Far			
			6:30 - 7:30 pm P 6:50 Deep 5-6			6:30 - 7:30 pm P 6:50 Deep 3-4	6:30 - 7:30 pm P 6:50 Deep 1-2	7:00 - 8:00 am P Yards		