



# 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
	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
	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 10-50 Deep 3-9	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	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	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	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 6-50 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 - 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		6:00 - 8:00 am P 6-50 LCM 1-6	
				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 6:00 - 7:00 pm P	4:30 - 6:30 pm P 6-50 Deep 1-6 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 6-50 LCM 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	7:00 - 8:00 pm P 10-50 Sha 3-9	5:00 - 6:00 pm D Mezzanine - Far	6:00 - 8:00 pm P 10-50 Sha 5-9
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	6:00 - 6:30 pm E On Deck - Education	6:30 - 8:00 pm P 10-50 Deep 3-9	6:30 - 8:00 pm P 6-50 Deep 1-6	
Age Group B	Erica Dobby	6x		5:30 - 6:30 pm D Gymnasium			5:30 - 6:30 pm D+E 5:30-6:00 MP4 / 6:00-6:30 on Deck Dryland and Education	6:00 - 8:00 am P 10-50 Widths	
			6:30 - 8:00 pm P 10-50 Deep 0-4	6:30 - 8:00 pm 10-50 Deep 0-3	6:30 - 8:00 pm P 10-50 Deep 0-4	6:30 - 8:00 pm P Stroke School	6:30 - 8:00 pm P 10-50 Deep 0-2	6:30 - 8:00 pm P 10-50 Deep 0-3	
Age Group C	Caleb McKay	6x	5:30 - 6:30 pm D Gymnasium		5:30 - 6:30 pm D		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 5-9	7:15 - 8:00 pm P Stroke School	6:30 - 8:00 pm P 10-50 Deep 4-7	8:00 - 9:30 am P 10-50 Sha 10 Lanes
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 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	8:00 - 9:30 am P 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 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	8:00 - 9:30 am P 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 Deep 8-9	6:30 - 8:00 pm P 10-50 Deep 8-9	8:00 - 9:30 am P 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		6:00 - 6:30 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 - 7:00 pm P 10-50 Sha 0-2	6:00 - 7:00 pm P 10-50 Sha 0-2	6:00 - 7:30 pm P 6-50 Sha 4-6	8:00 - 9:30 am P 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 5-6	
				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 3-4	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	Esther Savouré	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	7:00 - 8:00 am P Yards	
Bout de Chou 2C	Rachel Beaucauge	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 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	7:00 - 8:00 am P Yards	

P = Pool, D = Dryland, MP4 = Multipurpose Room 4, MP1-3 = Multipurpose Room 1 to 3