



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	
			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	8:00 - 9:00 am D Weight Room, MP1-3, Gymnasium	
			4:00 - 6:00 pm P 10-50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10-50 Widths <i>Invite Only (Practice #9)</i>	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	9:00 - 9:30 am D Weights (Make Up)	
Performance Pathway	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	
			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	8:00 - 9:00 am D Weight Room, MP1-3, Gymnasium	
			4:00 - 6:00 pm P 10-50 Sha 0-9 + Widths	4:00 - 6:00 pm P 10-50 Widths <i>Invite Only (Practice #9)</i>	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	9:00 - 9:30 am D Weights (Make Up)	
Performance Pathway	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	
			4:30 - 6:30 pm P 6:30 - 7:30 pm D 6:30-7:00 on Deck / 7:00-7:30 Mez	4:30 - 6:30 pm P 6:30 - 7:30 pm D	4:30 - 6:30 pm P 6:00 - 6:30 pm E	5:30 - 6:30 pm D Gymnasium	4:30 - 6:30 pm P	8:00 - 9:00 am D MP4	
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	
			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	8:00 - 9:00 am D MP1-3, Gymnasium	
			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 D Weight Room, MP1-3	2:00 - 4:00 pm P 10-50 Sha 0-9 + Widths		
Sport-Études Program	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	
			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	8:00 - 9:00 am D MP1-3, Gymnasium	
			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 Program	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	
			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	8:00 - 9:00 am D MP1-3, Gymnasium	
			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 6:50 LCM 1-6	4:00 - 6:00 pm P 10-50 Widths	5:30 - 7:30 am P 10-50 Deep 0-5	6:00 - 8:00 am P 10-50 Deep 0-3	
			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 E 10-50 Sha 0-9 + Widths	6:00 - 6:30 pm D MP1-3	8:00 - 9:00 am D MP1-3, Weight Room
	Junior Provincial Paul Biloserskyj	7x	5:30 - 7:30 am P 10-50 Deep 0-9 <i>Invite Only (Practice #7)</i>					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	6:00 - 8:00 pm P 10-50 Sha 6-9	6:00 - 8:00 pm P Mezzanine - Far	
	Provincial Development Mark McLellan	7x	5:00 - 6:00 pm D MP4	5:30 - 6:00 pm E On Deck - Education	7:00 - 8:00 pm P 10-50 Sha 5-9	5:00 - 6:00 pm D Mezzanine - Far	6:00 - 8:00 pm P 10-50 Sha 5-9	6:00 - 8:00 pm P 10-50 Sha 5-9	6:00 - 8:00 am P 6-50 Sha 1-6
			6:00 - 8:00 pm P 10-50 Sha 3-5	6:00 - 8:00 pm P 10-50 Sha 5-9	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 5-9		8:00 - 9:00 am D Mezzanine - Far
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	
		4:30 - 6:30 pm P 6:30 - 7:30 pm D 6:30-7:00 on Deck / 7:00-7:30 Mez	4:30 - 6:30 pm P 6:30 - 7:30 pm D	4:30 - 6:30 pm P 6:00 - 6:30 pm E	4:30 - 6:30 pm D Gymnasium	4:30 - 6:30 pm P 6:30 - 8:00 pm P	4:30 - 6:30 pm P 6:50 Deep 1-6	8:00 - 9:00 am D MP4	
Age Group B Erica Dobby	6x		5:30 - 6:30 pm D Gymnasium	5:30 - 6:30 pm D 6:30 - 8:00 pm	5:30 - 6:30 pm D 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 7:15 pm P	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 Sha 10 Lanes	
		6:30 - 8:00 pm P 10-50 Deep 0-3	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	6:30 - 8:00 pm P 10-50 Deep 0-3			
Age Group C Hannah Beaucauge	6x	5:30 - 6:30 pm D Gymnasium	5:30 - 6:30 pm D 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:45 - 7:15 pm E On Deck - Education	7:15 - 8:00 pm P 10-50 Deep 0-2	6:30 - 8:00 pm P	7:30 - 8:00 pm D Gymnasium	
		6:30 - 8:00 pm P 10-50 Deep 4-7	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 Stroke School	6:30 - 8:00 pm P 10-50 Deep 4-7		8:00 - 9:30 am P 10-50 Sha 10 Lanes	
11 years and older	Age Group Development Caleb McKay	6x		5:30 - 6:30 pm D MP4	6:30 - 7:00 pm E On Deck - Education	6:30 - 7:45 pm P MP4	5:30 - 6:30 pm D 5:30-6:00 MP4 / 6:00-6:30 on Deck	7:30 - 8:00 am D Mezzanine - Far	
			6:30 - 8:00 pm P 10-50 Deep 8-9	6:30 - 8:00 pm P 10-50 Sha 3-4	6:30 - 8:00 pm P Stroke School	6:30 - 8:00 pm P 10-50 Sha 3-4	6:30 - 8:00 pm P 10-50 Sha 3-4	8:00 - 9:30 am P 10-50 Widths	
	Bout de Chou 1A Nicole Waldie	5x	5:00 - 6:00 pm D Mezzanine - Far	5:30 - 6:00 pm D 6:00 - 7:30 pm P	5:30 - 6:00 pm E On Deck - Education	5:30 - 6:00 pm E 6:00 - 7:30 pm P	5:00 - 6:00 pm D Mezzanine - Far	8:00 - 9:30 am P 10-50 Sha 10 Lanes	
			6:00 - 7:00 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 Deep 1-3	6:00 - 7:30 pm P 10-50 Sha 0-2	6:00 - 7:30 pm P 6-50 Sha 4-6		
	Bout de Chou 1B Rebeka Tabak	5x	5:00 - 6:00 pm D Mezzanine - Far	5:00 - 6:00 pm D 6:00 - 7:30 pm P	5:30 - 6:00 pm E On Deck - Education	5:30 - 6:00 pm E 6:00 - 7:30 pm	5:00 - 6:00 pm D Mezzanine - Far	8:00 - 9:30 am P 10-50 Sha 10 Lanes	
			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 Deep 4-6	6:00 - 7:30 pm P 10-50 Deep 8-9	6:00 - 7:30 pm P 10-50 Sha 0-2		
	Bout de Chou 1C Danylo Sosnovik	5x	5:00 - 6:00 pm D Mezzanine - Far	5:00 - 6:00 pm D 6:00 - 7:30 pm P	5:00 - 6:00 pm D MP1-3	5:00 - 6:00 pm D 6:00 - 7:00 pm P	5:00 - 6:00 pm D On Deck - Education	8:00 - 9:30 am P 10-50 Sha 10 Lanes	
			6:00 - 7:30 pm P 6-50 Sha 4-6	6:00 - 7:30 pm P 10-50 Sha 4-6	6:00 - 7:30 pm P 10-50 Sha 3-5	6:00 - 7:30 pm P 10-50 Sha 0-2	6:00 - 7:30 pm P 10-50 Deep 8-9		
	Bout de Chou 1D Melissa Allan	5x	7:00 - 8:00 pm P 10-50 Sha 0-2	7:00 - 8:00 pm P 6-50 Sha 4-6	5:00 - 6:00 pm D Mezzanine - Far	5:00 - 6:00 pm D 6:00 - 7:30 pm P	5:30 - 6:00 pm E On Deck - Education	8:00 - 9:30 am P 10-50 Sha 10 Lanes	
			6:00 - 6:30 pm D MP4	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 7:30 pm P 6-50 Deep 3-4	6:00 - 7:30 pm P 6-50 Deep 3-4		
Bout de Chou 2A Caitlin Miller	4x	6:00 - 6:30 pm D MP4	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 7:30 pm P 6-50 Deep 3-4	6:00 - 7:30 pm P 6-50 Deep 5-6	7:00 - 8:00 am P Yards		
		6:30 - 7:30 pm P 6-50 Deep 1-2	6:30 - 7:30 pm P MP4	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 1-2			
Bout de Chou 2B Mariana Buzo	4x	6:00 - 6:30 pm D MP4	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:00 - 6:30 pm D Mezzanine - Far	7:00 - 8:00 am P Yards		
		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	6:30 - 7:30 pm P 6-50 Deep 5-6	6:30 - 7:30 pm P 6-50 Deep 1-2			
Bout de Chou 2C Rachel Beaucauge	4x	6:00 - 6:30 pm D MP4	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 6:30 pm D Mezzanine - Far	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:00 - 6:30 pm D Mezzanine - Far	7:00 - 8:00 am P Yards		
		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 3-4	6:30 - 7:30 pm P 6-50 Deep 3-4			
Bout de Chou 2D Zoe Jack	4x	6:30 - 7:30 pm P 6-50 Deep 5-6	6:30 - 7:30 pm P 6-50 Deep 5-6	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 3-4	7:00 - 8:00 am P Yards		