



Pointe-Claire Swim Club
Training Schedule 2025-2026



Group		Age	COACH	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
Senior	Senior A	16+	Brad Dingey	9x	5:30 - 7:30 am P		5:30 - 7:30 am P		5:30 - 7:30 am P	6:00 - 8:00 am P		
					6-50 LCM 1-6		10-50 LCM 0-4		6-50 LCM 1-6	10-50 Shallow 5-9		
					3:00 - 4:00 pm P	3:00 - 4:00 pm P	3:00 - 4:00 pm P	3:00 - 4:00 pm P	3:00 - 4:00 pm P	8:00 - 9:00 am D		
					Weight Room, MP1-3, and Gym	MP1-3 and Weight Room	Weight Room, MP1-3	MP1-3 and Weight Room	Weight Room and MP1-3	Weight Room, MP1-3		
					4:00 - 6:00pm P	4:00 - 6:00pm P	4:00 - 6:00pm P	4:00 - 6:00pm P	4:00 - 6:00pm P			
					10-50 Shallow 0-4	10-50 Shallow 0-4	10-50 Shallow 0-4	10-50 Shallow 0-4	10-50 Shallow 0-4			
					6:00 - 6:15 pm D	6:00 - 6:15 pm D	6:00 - 6:15 pm D	6:00 - 6:15 pm D	6:00 - 6:15 pm D			
					Stretching on Deck 10-50 Shallow	Stretching on Deck 10-50 Shallow	Stretching on Deck 10-50 Shallow	Stretching on Deck 10-50 Shallow	Stretching on Deck 10-50 Shallow			
	Senior B		Caleb McKay Mark McLellan	8x		5:30 - 7:30 am P		5:30 - 7:30 am P			6:00 - 8:00 am P	
						6-50 LCM 1-6		6-50 LCM 1-6		10-50 Deep 6-9		
					3:30 - 4:30 pm D		3:30 - 4:30 pm D					
					Weight Room		Weight Room					
					4:00 - 4:30 pm D	4:30 - 5:30 pm P	3:00 - 4:00 pm P	4:30 - 5:30 pm P	4:00 - 4:30 pm D			
					Activation on Deck 10-50 Shallow	6-50 Deep 1-6	Weight Room	6-50 Deep 1-6	Activation on Deck 10-50 Shallow			
					4:30 - 6:00 pm P	4:00 - 6:00 pm P	5:30 - 6:00 pm D	4:30 - 6:00 pm P				
					6-50 Deep 1-6	10-50 Shallow 0-4	10-50 Shallow 0-4	Stretching on Deck 10-50 Shallow	6-50 Deep 1-6			
Junior	Junior A	13-15 yrs.	Phil Garverick	8x	5:30 - 7:30 am P		5:30 - 7:30 am P		5:30 - 7:30 am P	6:00 - 8:00 am P		
					10-50 LCM 0-4		6-50 LCM 1-6		10-50 LCM 0-4	10-50 Shallow 0-4		
					3:00 - 4:00 pm P	3:00 - 4:00 pm P		3:00 - 4:00 pm P	3:00 - 4:00 pm P	8:00 - 9:00 am D		
					Weight Room, MP1-3, and Gym	MP1-3 and Weight Room		MP1-3 and Weight Room	Weight Room and MP1-3	Weight Room, MP1-3		
					4:00 - 6:00 pm P	4:00 - 6:00 pm P		4:00 - 6:00 pm P	4:00 - 6:00 pm P			
					10-50 Shallow 5-9	10-50 Shallow 5-9		10-50 Shallow 5-9	10-50 Shallow 5-9			
						6:00 - 7:00 pm D	6:00 - 7:00 pm D	6:00 - 7:00 pm D	6:00 - 7:00 pm D			
						Dryland Make Up (If missed 3-4pm)	Dryland Make Up (If missed 3-4pm)	Dryland Make Up (If missed 3-4pm)	Dryland Make Up (If missed 3-4pm)			
	Junior B		Natalia Kalbarczyk	7x		5:30 - 7:30 am P			5:30 - 7:30 am P		6:00 - 8:00 am P	
						10-50 Deep 0-4		10-50 Deep 0-4		10-50 Deep 0-3		
										8:00 - 9:00 am D		
					4:15 - 4:30 pm D		4:15 - 4:30 pm D	4:15 - 4:30 pm D	4:15 - 4:30 pm D	MP4		
					Activation on Deck 10-50 Deep		Activation on Deck 10-50 Deep	Activation on Deck 10-50 Deep	Activation on Deck 10-50 Deep			
					4:30 - 6:30 pm P	4:30 - 6:30 pm P	4:30 - 6:30 pm P	4:30 - 6:30 pm P				
						10-50 Widths	10-50 Widths	10-50 Widths	10-50 Widths			
						6:30 - 7:00 pm D	6:30 - 7:00 pm D	6:30 - 7:00 pm D				
						Dryland on Deck 10-50 Shallow	Education - On 10-50 Deck	Dryland on Deck 10-50 Shallow				
	Junior C		Mark McLellan	7x					5:30 - 7:30 am P		6:00 - 8:00 am P	
									10-50 Shallow 0-1		6-50 Deep 1-4	
					5:00 - 6:00 pm D	5:45 - 6:00 pm P	5:00 - 6:00 pm D	5:45 - 6:00 pm P	5:00 - 6:00 pm D			
MP1-3		Activation on Deck 10-50 Shallow			Education MP1-3	Activation on Deck 10-50 Shallow	Mezzanine					
					6:00 - 8:00 pm P	6:00 - 8:00 pm P	6:00 - 8:00 pm P	6:00 - 8:00 pm P				
					10-50 Shallow 0-3	10-50 Shallow 0-3	10-50 Shallow 0-3	10-50 Shallow 0-3				
Sport-Études	Etienne Paquet Stephanie Shewchuk	6-8x		5:30 - 7:30 am P			5:30 - 7:30 am P		6:00 - 8:00 am P			
				10-50 LCM 0-4		10-50 LCM 0-4		10-50 Shallow 0-4 or 10-50 Deep 4-5				
			1:00 - 2:00 pm D	1:00 - 2:00 pm D	1:00 - 2:00 pm D	1:00 - 2:00 pm D	1:00 - 2:00 pm D					
			MP1-3 and Mezzanine	MP1-3	MP4 and Mezzanine	MP1-3	MP1-3 and Mezzanine					
			2:00 - 4:00 pm P	2:00 - 4:00 pm P	2:00 - 4:00 pm P	2:00 - 4:00 pm P	2:00 - 4:00 pm P					
			10-50 Shallow 0-9	10-50 Shallow 0-9	10-50 Shallow 0-9	10-50 Shallow 0-9	10-50 Widths and 6-50 Deep 1-6					
Age Group	Age Group A	11-12 yrs.	Erica Dobby Caleb McKay	6x						7:00 - 8:00 am D		
										MP1-3		
										8:00 - 9:30 am P		
									10-50 Shallow 0-4			
	Age Group B		Danylo Sosnovik Jordan McKay	6x						7:00 - 8:00 am D		
										Gymnasium		
										8:00 - 9:30 am P		
									10-50 Shallow 5-9			
	Age Group C		Gabrielle Pomerleau	6x						7:00 - 8:00 am D		
								Gymnasium				
								8:00 - 9:30 am P				
								10-50 Widths				
10 and Under Program	Bout de Chou 1AB	10 years old	Nicole Waldie (A and D) New Coach (B and C)	5x						6:30 - 8:00 am		
										6-50 Deep 5-6 and 6-50 Shallow 1-6		
	Bout de Chou 1CD			5x		5:30 - 6:00 pm D	6:00 - 7:00 pm D		5:30 - 6:00 pm D	6:00 - 7:00 pm D		
						Activation on Deck	Mezzanine		Activation on Deck 10-50 Shallow	Education Mezzanine		
					6:00 - 7:00 pm P	7:00 - 8:00 pm P		6:00 - 7:00 pm P	7:00 - 8:00 pm P			
									10-50 Shallow 4-9			
	Bout de Chou 2ABC	8-9 years old	Caitlin Miller (A and D) Melissa Allan (B and E) Zoe Jack (C and F)	4x		5:15 - 5:30 pm		5:15 - 5:30 pm		8:15 - 9:15 am P		
						Activation on Deck		Activation on Deck		10-50 Widths		
						5:30 - 6:30 pm P	6:15 - 7:00 pm D	5:30 - 6:30 pm P	6:30 - 6:45 pm P	9:15 - 9:30 am D		
						6-50 Shallow 1-6	Mezzanine	6-50 Shallow 1-6	Stretching in MP4			