



Club de Natation Pointe-Claire Swim Club

Horaire d'entraînement 2025-2026 | Training Schedule 2025-2026



Groupe Group		Age	Entraîneur Coach	#	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi 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 D	3:00 - 4:00 pm D	3:00 - 4:00 pm D	3:00 - 4:00 pm D	3:00 - 4:00 pm D	8:00 - 9:00 am D	
					Weight Room, MP1-3, and Gym	MP1-3 and Weight Room	Weight Room, MP1-3, and Gym	MP1-3 and Weight Room	MP1-3 and Weight Room	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 10-50 Deck	Stretching on 10-50 Deck	Stretching on 10-50 Deck	Stretching on 10-50 Deck	Stretching on 10-50 Deck		
	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				
MP4				6-50 Deep 1-6	Weight Room	6-50 Deep 1-6	Activation in MP4				
4:30 - 6:00 pm P				5:30 - 6:00 pm D	4:00 - 6:00 pm P	5:30 - 6:00 pm D	4:30 - 6:00 pm P				
6-50 Deep 1-6				Stretching on 10-50 Deck (1)	10-50 Shallow 5-9	Stretching on 6-50 Deck (1)	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 D	3:00 - 4:00 pm D		3:00 - 4:00 pm D	3:00 - 4:00 pm D	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		
	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		
				4:15 - 4:30 pm D		4:15 - 4:30 pm D	4:15 - 4:30 pm D	4:15 - 4:30 pm D	8:00 - 9:00 am D		
				Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	Activation on 10-50 Deck (3)	MP4		
				4:30 - 6:30 pm P	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	10-50 Widths			
Junior C	Mark McLellan *Jamie Rochon	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 10-50 Deck (2+4)	Gymnasium	Activation Mezzanine	MP1-3				
			6:00 - 8:00 pm P	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	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	
	5:30 - 6:30 pm D		6:15 - 6:30 pm D	6:00 - 6:30 pm D	6:15 - 6:30 pm D	5:30 - 6:30 pm D	10-50 Shallow 0-3				
	Gymnasium		Activation on 10-50 Deck (3+4)	MP1-3	Activation on 10-50 Deck (3+4)	Gymnasium					
	6:30 - 8:00 pm P		6:30 - 8:00 pm P	6:30 - 8:00 pm P	6:30 - 8:00 pm P	6:30 - 8:00 pm P					
	Age Group B	Danylo Sosnovik Jordan McKay *Jamie Rochon	6x							7:00 - 8:00 am D	
				6:15 - 6:30 pm D	5:30 - 6:30 pm D	6:15 - 6:30 pm D	5:30 - 6:30 pm D	6:15 - 6:30 pm D	Gymnasium		
				Activation on 10-50 Deck (4)	Gymnasium	Activation on 10-50 Deck (2+4)	MP4	Activation on 10-50 Deck (2+4)	8:00 - 9:30 am P		
Age Group C	Gabrielle Pomerleau	6x							10-50 Shallow 4-7		
			6:30 - 8:00 pm P	6:30 - 8:00 pm P	6:30 - 8:00 pm P	6:30 - 8:00 pm P	6:30 - 8:00 pm P				
			10-50 Deep 5-9	10-50 Deep 8-9 and 10-50 Shallow 8-9	10-50 Deep 5-9	10-50 Deep 5-9	10-50 Deep 5-9				
10 and Under Program	Bout de Chou 1AB	10 years old	Nicole Waldie (A and D) Bianca Gaul (B and C)	5x						7:00 - 8:00 am D	
					5:00 - 6:00 pm D	6:45 - 7:00 pm D	6:00 - 6:30 pm D	5:00 - 6:00 pm D	6:45 - 7:00 pm D	Gymnasium	
					Mezzanine	On Deck Activation (Shallow 4-7)	MP1-3	Activation on 10-50 Deck (3+4)	On Deck Activation (Shallow 4-9)	8:00 - 9:30 am P	
				Bout de Chou 1CD	5x						10-50 Shallow 0-3
						6:00 - 7:00 pm P	7:00 - 8:00 pm P	6:30 - 8:00 pm P	6:30 - 8:00 pm P	7:00 - 8:00 pm P	
						10-50 Shallow 4-9	10-50 Shallow 4-7	10-50 Deep 0-4	10-50 Deep 0-4	10-50 Deep 0-4	
	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					6:30 - 8:00 am
					Activation on 6-50 Deck (1+2)					6-50 Deep 5-6 and 6-50 Shallow 1-6	
					5:30 - 6:30 pm P	6:15 - 7:00 pm D	5:15 - 5:30 pm		8:00 - 9:00 am D		
				Bout de Chou 2DEF	4x						Mezzanine
						6:30 - 6:55 pm D	7:00 - 8:00 pm	5:30 - 6:30 pm P		6:30 - 8:00 am	
						Dryland on 10-50 Deck (1) and Gym	10-50 Shallow 4-9	6-50 Deep 1-6		6-50 Deep 5-6 and 6-50 Shallow 1-6	
	Bout de Chou 3ABC	8 years and under	Alyssa Ross (A and D) Justine Gonzalez (B and E)	3x							8:15 - 9:15 am P
					5:45 - 6:00 pm D					10-50 Widths	
					Activation on 6-50 Deck (1+2)					9:15 - 9:30 am D	
				Bout de Chou 3DEF	3x						Stretching in MP4
						6:00 - 6:45 pm P	6:00 - 6:45 pm P	6:00 - 7:00 pm P		6:30 - 8:00 am D	
						6-50 Deep 1-6	Dryland on 6-50 Deck (1) and MP4	Mezzanine and 10-50 Deck (1)	Activation on 6-50 Deck (1+2)	Activation in Gymnasium	
10 and Under Program	Bout de Chou 3DEF	8 years and under	Julia Randolph (C and F)	3x						7:00 - 8:00 am P	
					6:30 - 6:45 pm D					Yards Pool	
					Activation on 6-50 Deck (1+2)						
				Bout de Chou 3DEF	3x						
						6:45 - 7:30 pm P					
						6-50 Deep 1-6					
	Bout de Chou 3DEF	8 years and under	Julia Randolph (C and F)	3x							
					6:30 - 6:45 pm D						
					Activation on 6-50 Deck (1+2)						
				Bout de Chou 3DEF	3x						
						6:45 - 7:30 pm P					
						6-50 Deep 1-6					

A = Activation, P = Piscine|Pool, D = Dryland, MP4 = Multipurpose Room 4, MP1-3 = Multipurpose Room 1 to 3

Version 1.3 (November 19th, 2025)