



VERNON KOKANEE SWIM CLUB, GRASSROOTS PROGRAM - FALL SESSION 2023

TUESDAY/THURSDAY, 12 WEEKS - SEPTEMBER TO DECEMBER 2023

GRASSROOTS 1, 45 MIN PRACTICES 4:45PM-5:30PM and 5:15PM-6:00PM (Second Class of GR1 activates at 5:15PM-5:30PM)

GRASSROOTS 2, 1 HOUR PRACTICES 4:45-5:45PM

GRASSROOTS 3, 1:15 MIN PRACTICES 4:45PM-6:00PM + FRIDAY Invites (First Classes all activate at 4:45PM-5:00PM)

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6		WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
SEP 19	SEP 26	OCT 3	OCT 10	OCT 17	OCT 24	OCT 31	NOV 7	NOV 14	NOV 21	NOV 28	DEC 5	DEC 12
SEP 21	SEP 28	OCT 5	OCT 12	OCT 19	OCT 26	NOV 2	NOV 9	NOV 16	NOV 23	NOV 30	DEC 7	DEC 14
						Halloween Week Off						

GR1 now has two sessions during Tue and Thur. Group A will start at 4:45PM with activation and Group B will start at 5:15PM with activation.