



VERNON KOKANEE SWIM CLUB, GRASSROOTS PROGRAM - SPRING SESSION 2024	
TUESDAY/THURSDAY, 12 WEEKS OR SATURDAYS, 11 weeks - APRIL TO JUNE 2024	
COST:	Grassroots GR1 \$325.00 Tues/Thur or \$150 Saturday ONLY (10 weeks)
	Grassroots GR2 \$337.50 Grassroots GR3 \$350.00

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

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

GRASSROOTS 3, 1:15 MIN PRACTICES 4:45PM-6:00PM + FRIDAY Invites

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
APR 2	APR 9	APR 16	APR 23	APR 30	MAY 7	MAY 14	MAY 21	MAY 28	JUN 4	JUN 11	JUN 18
APR 4	APR 11	APR 18	APR 25	MAY 2	MAY 9	MAY 16	MAY 23	MAY 30	JUN 6	JUN 13	JUN 20

GR1 now has two sessions during Tue and Thur. Start 4:45PM activation and start 5:15PM with activation. Coaches will advise your group/start time.
 GR3 is new this season and swimmers will also be invited to swim on Fridays approximately once per month.

GRASSROOTS 1, 45 MIN PRACTICES 8:15am-9am

SATURDAY session ONLY

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11
APR 6	APR 13	APR 20	APR 27	MAY 4	MAY 11	MAY 18	MAY 25	JUNE 1	JUNE 8	JUNE 15

