



VERNON KOKANEE SWIM CLUB, GRASSROOTS PROGRAM - Fall session 1

Monday & Wednesday - September to December 2025

COST: Grassroots 1 (GR1) \$360.00 Grassroots 2 (GR2) \$408.00 Grassroots 3 (GR3) \$408.00

Grassroots 1 Groups A & B - 30 min practice time - 5pm-5:30pm (activation 4:45pm)

Grassroots 2 Groups A & B - 45min practice time - 5:30-6:15pm (activation 5:15pm)

Grassroots 3 Group A & B - 45min practice time - 6:15-7pm (activation 6pm)

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Sept 22	Sept 29	Oct 6	Oct 13 no swim	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24	Dec 1	Dec 8
Sept 24	Oct 1	Oct 8	Oct 15	Oct 22	Oct 29	Nov 5	Nov 12	Nov 19	Nov 26	Dec 3	Dec 10

*No swimming on Monday Oct 13th for Thanksgiving

Note - fees will be adjusted for each session to reflect planned practice cancellations due to statutory holidays.