



# Pointe-Claire Swim Club

## Training Schedule 2018-2019 Season



P = Pool D = Dryland A = Activations

Group		Age	Coach	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	Senior National Elite	14 yrs+	Martin Gingras	5:30 - 7:30 am P 3:00 - 4:00 pm D 4:00 - 6:00 pm P	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:00 - 4:00 pm D 4:00 - 6:00 pm P	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:00 - 4:00 pm D 4:00 - 6:00 pm P	6:00 - 8:30 am P 8:30 - 9:30 am D
	Senior National Development		Phil Garverick	5:30 - 7:30 am P 3:45 - 4:00 pm A 4:00 - 6:00 pm P 6:00 - 6:45 pm D	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:45 - 4:00 pm A 4:00 - 6:00 pm P 6:00 - 6:45 pm D	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:45 - 4:00 pm A 4:00 - 6:00 pm P	6:00 - 8:30 am P 8:30 - 9:30 am D
Provincial	Senior Provincial A	13 yrs+	Chris Bielby	5:30 - 7:30 am P 3:45 - 4:00 pm A 4:00 - 6:00 pm P 6:00 - 6:45 pm D	5:30 - 7:30 am P	3:45 - 4:00 pm A 4:00 - 6:00 pm P 6:00 - 6:45 pm D	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:45 - 4:00 pm A 4:00 - 6:00 pm P	6:00 - 8:30 am P 8:30 - 9:30 am D
	Age Group Provincial A		Felix Gosselin	5:00 - 6:00 pm D 6:00 - 8:00 pm P	4:30 - 6:00 pm P 6:00 - 6:30 pm D	5:00 - 6:00 pm D 6:00 - 8:00 pm P	6:15 - 6:30 pm A 6:30 - 8:00 pm P	5:30 - 7:00 am P 6:30 - 8:00 pm P	6:00 - 8:00 am P 8:00 - 9:00 am D
Provincial Development	Age Group Provincial B	13 yrs+	Dominick Caron	6:15 - 6:30 pm A 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 8:00 pm P	6:15 - 6:30 pm A 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:00 - 8:00 am P 8:00 - 8:30 am D
	Senior Provincial B		Robert MacLean		5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 8:00 pm P	6:15 - 6:30 pm A 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	7:30 - 8:30 am D 8:30 - 10:00am P
Age Group Development	Age Group Provincial Development A	11-12 yrs	Natalia Kalbarczyk	5:45 - 6:00 pm A 6:00 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	5:45 - 6:00 pm A 6:00 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	5:30 - 6:00 pm D 6:00 - 8:00 pm P	6:00 - 8:00 am P 8:00 - 8:30 am D
	Age Group Provincial Development B		Charles Andre Coffin	5:45 - 6:00 pm A 6:00 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	5:45 - 6:00 pm A 6:00 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	5:30 - 6:00 pm D 6:00 - 8:00 pm P	6:00 - 8:00 am P 8:00 - 8:30 am D
	Age Group Development C		Nicole Waldie	6:15 - 6:30 pm A 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 8:00 pm P		5:30 - 6:30 pm D 6:30 - 8:00 pm P	7:30 - 8:30 am D 8:30 - 10:00am P
	Age Group Development D		Kevin Bertrand	6:15 - 6:30 pm A 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 8:00 pm P		5:30 - 6:30 pm D 6:30 - 8:00 pm P	7:30 - 8:30 am D 8:30 - 10:00am P
Sport-Études	Sport-Études Élite	12 yrs+	Paul Biloserskyj	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 3:00 pm P 3:00 - 4:00 pm D	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	6:00 - 8:30 am P 8:30 - 9:30 am D
	Sport-Études		Etienne Paquet	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	6:00 - 8:00 am P 8:00 - 9:00 am D
	Sport-Études Development		Felix Gosselin	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	1:00 - 2:00 pm D 2:00 - 4:00 pm P	6:00 - 8:00 am P 8:00 - 9:00 am D
10 and Under	Bout de Chou 1A	9-10 yrs	Angela Santamaria	5:30 - 6:00 pm D 6:00 - 7:30 pm P	5:45 - 6:00 pm A 6:00 - 7:30 pm P		5:45 - 6:00 pm A 6:00 - 7:30 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P
	Bout de Chou 1B		Esther Savouré	5:30 - 6:00 pm D 6:00 - 7:30 pm P	5:45 - 6:00 pm A 6:00 - 7:30 pm P	5:45 - 6:00 pm A 6:00 - 7:30 pm P		6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P
	Bout de Chou 1C		Emma O'Donnell	5:30 - 6:00 pm D 6:00 - 7:30 pm P		5:45 - 6:00 pm A 6:00 - 7:30 pm P	5:45 - 6:00 pm A 6:00 - 7:30 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P
	Bout de Chou 1D		Emile Denault		5:45 - 6:00 pm A 6:00 - 7:30 pm P	5:30 - 6:00 pm D 6:00 - 7:30 pm P	5:45 - 6:00 pm A 6:00 - 7:30 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P
	Bout de Chou 2A	8 and under	Danielle Brabant	4:30-5:00 pm D 5:00 - 6:00 pm P	4:45 - 6:00 pm P		4:45 - 6:00 pm P	5:00 - 5:30 pm D 5:30 - 6:30 pm P	
	Bout de Chou 2B		Stephanie Shewchuk		4:30-5:00 pm D 5:00 - 6:00 pm P	4:45 - 6:00 pm P	4:45 - 6:00 pm P	5:00 - 5:30 pm D 5:30 - 6:30 pm P	
	Bout de Chou 2C		Mark McLellan	4:30 - 5:00 pm D 5:00 - 6:00 pm P		4:30 - 5:00 pm D 5:00 - 6:00 pm P	4:45 - 6:00 pm P	5:30 - 6:30 pm P	