



# Pointe-Claire Swim Club

## Training Schedule 2019-2020 Season



Group	Age	#	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
National	Senior National Elite	13 yrs+	9x	5:30 - 7:30 am P 3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 7:00 pm D (Option 2)	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 6:45 pm D (Option 2)	5:30 - 7:30 am P 3:30 - 4:30 pm D (Option 1) 4:30 - 6:30 pm P 6:30 - 7:30 pm D (Option 2)	6:00 - 8:15 am P 8:15 - 9:30 am D 3:00 - 4:00 pm D 4:00 - 6:00 pm P	
			8x	5:30 - 7:30 am P 3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 7:00 pm D (Option 2)	5:30 - 7:30 am P 3:30 - 4:30 pm D 4:30 - 6:30 pm P	3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 7:00 pm D (Option 2)	5:30 - 7:30 am P 3:30 - 4:30 pm D (Option 1) 4:30 - 6:30 pm P 6:30 - 7:30 pm D (Option 2)	6:00 - 8:15 am P 8:15 - 9:30 am D 3:00 - 4:00 pm D 4:00 - 6:00 pm P	
	Provincial	13 yrs +	6-7x	5:00 - 6:00 pm D 6:00 - 8:00 pm P	4:30 - 6:30 pm P	5:30 - 7:00 am P 5:30 - 6:00 pm D 6:00 - 8:00 pm P	5:30 - 6:30 pm D 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
				5:00 - 6:00 pm D 6:00 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 8:00 pm P	5:30 - 6:30 pm D 6:00 - 8:00 pm P	5:30 - 6:30 pm D 6:30 - 8:00 pm P	6:30 - 8:00 pm P	6:00 - 8:00 am P 8:00 - 9:00 am D
Age Group Development	Age Group 2 (Jr)	8-12 yr olds	6x	4:30 - 6:00 pm P 6:00 - 7:00 pm D	4:30 - 6:00 pm P	4:30 - 6:00 pm P 6:00 - 7:00 pm D	4:30 - 6:00 pm P (10 and over)	4:30 - 6:00 pm P 6:00 - 6:30 pm D	8:30 - 10:30 am P
			6x	6:00 - 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 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	11-12 yr olds		6:00 - 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 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	7:30 - 8:30 am D 8:30 - 10:00 am P
			6:00 - 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 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	
Sport-Études	Sport-Études Elite	12 yrs+	8x	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 1:00 - 3:00 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	6:00 - 8:00 am P
			6x	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
10 and Under	Bout de Chou 1A	10 and under	5x	5:30 - 6:00 pm D 6:00 - 7:30 pm P	6:30 - 8:00 pm P		6:30 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P
			5x	5:30 - 6:00 pm D 6:00 - 7:30 pm P	6:30 - 8:00 pm P	6:00 - 7:30 pm P	6:30 - 8:00 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P
	5x		5:30 - 6:00 pm D 6:00 - 7:30 pm P		6:00 - 7:30 pm P	6:00 - 7:30 pm P	5:30 - 6:00 pm D 6:30 - 7:30 pm P	6:45 - 8:00 am P	
	4x			6:00 - 7:00 pm P	5:30 - 6:00 pm D 6:00 - 7:00 pm P		5:30 - 6:00 pm D 6:00 - 7:00 pm P		
	4x			6:00 - 7:00 pm P	5:30 - 6:00 pm D 6:00 - 7:00 pm P	6:00 - 7:00 pm P	6:00 - 7:00 pm P	6:00 - 7:00 pm P	
	4x		5:30 - 6:00 pm D 6:00 - 7:00 pm P	5:30 - 6:00 pm D 6:00 - 7:00 pm P		6:00 - 7:00 pm P	6:00 - 7:00 pm P		