



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	5:30 - 7:30 am P		5:30 - 7:30 am P		6:00 - 8:15 am P 8:15 - 9:30 am D	
				3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 7:00 pm D (Option 2)	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)	3:30 - 4:30 pm D (Option 1) 4:30 - 6:30 pm P 6:30 - 7:30 pm D (Option 2)	3:00 - 4:00 pm D 4:00 - 6:00 pm P		
	Senior National		8x	5:30 - 7:30 am P	5:30 - 7:30 am P		5:30 - 7:30 am P		6:00 - 8:15 am P 8:15 - 9:30 am D	
				3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 7:00 pm D (Option 2)		3:00 - 4:00 pm D (Option 1) 4:00 - 6:00 pm P 6:00 - 7:00 pm D (Option 2)	3:30 - 4:30 pm D (Option 1) 4:30 - 6:30 pm P 6:30 - 7:30 pm D (Option 2)	3:00 - 4:00 pm D 4:00 - 6:00 pm P		
Provincial	Provincial	13 yrs +	6-7x			5:30 - 7:00 am P		5:30 - 7:00 am 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	4:30 - 6:30 pm 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 (Selection)			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			
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	6:00 - 8:00 am P	
				Age Group	11-12 yr olds	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
	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 - 6:30 pm D 6:30 - 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	
	Sport-Études	Sport-Études Elite	12 yrs+	8x			5:30 - 7:00 am P		5:30 - 7:00 am P	6:00 - 8:00 am 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 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		
Sport-Études Development		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	8:15 - 9:30 am P	
				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 - 7:30 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P		
	Bout de Chou 1B		5x	5:30 - 6:00 pm D 6:00 - 7:30 pm P	6:30 - 8:00 pm P			6:00 - 6:30 pm D 6:30 - 7:30 pm P	8:15 - 9:30 am P	
				5:30 - 6:00 pm D 6:00 - 7:30 pm P		6:00 - 7:30 pm P	6:00 - 7:30 pm P	6:00 - 6:30 pm D 6:30 - 7:30 pm P		
	Bout de Chou 1C		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	6:00 - 6:30 pm D 6:30 - 7:30 pm P	8:15 - 9:30 am 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		
	Bout de Chou 2A		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	
		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				
Bout de Chou 2B	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			
				5:30 - 6:00 pm D 6:00 - 7:00 pm P		6:00 - 7:00 pm P				
Bout de Chou 2C	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			