

ROC Clarington Swim Club summer 2014 training schedule

June 24 through July 31, 2014 –

- **note** no practice June 23rd
- **note** Thursday practice June 26th will be at CCC **not** NDRC
- Courtice Pool CCC – Mon and Wed, Newcastle Pool NDRC – Tues and Thurs

Novice (up to 4 practices per week) 6-12 years

Monday and Wednesday 5:45-6:30pm CCC

Tuesday and Thursday 5:45-6:30pm NRC (except June 26th which is at CCC)

Fitness (pick two practices from the following) 13-20 years

Monday and Wednesday 4:30-6:00pm CCC

Tuesday and Thursday 4:30-6:00pm NDRC (except June 26th which is at CCC)

Monday and Wednesday dryland (group fitness class) at CMA 8:00-8:45 (commences July 2nd) \$5 drop-in fee applies

Tuesday and Thursday dryland (group fitness class) at CMA 7:15-8:00pm \$5 drop-in fee applies

Masters 20+ years

Monday and Wednesday 5:30-6:30pm CCC

Tuesday and Thursday 5:30-6:30pm NDRC (except June 26th which is at CCC)

Monday and Wednesday dryland (group fitness class) at CMA 8:00-8:45 \$5 drop-in fee applies (commences July 2nd)

Tuesday and Thursday dryland (group fitness class) at CMA 7:15-8:00pm \$5 drop-in fee applies

(Faster Masters can train with the competitive team – see Coach Karen Hillis)

Junior Competitive 12 & under years

Monday and Wednesday 4:30-6:00pm CCC

Tuesday and Thursday 4:30-6:00pm NDRC (except June 26th which is at CCC)

Tuesday and Thursday dryland at CMA 7:15-8:00pm (group fitness class)

Senior Competitive 13-20 years

Monday and Wednesday 4:30-6:00pm CCC

Tuesday and Thursday 4:30-6:00pm NDRC (except June 26th which is at CCC)

Mon and Wed weight training at CMA 3:00-4:00pm (commences Aug 6th)

Monday and Wednesday dryland (group fitness class) at CMA 8:00-8:45 (commences July 2nd)

Tuesday and Thursday dryland (group fitness class) at CMA 7:15-8:00pm

ROC Clarington Swim Club summer 2014 schedule (pool practices commence Tuesday, Jun 24, 2014)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00	Sr dryland		Sr dryland				
3:15	Starts		Starts				
3:30	Aug 6		Aug 6				
3:45							
4:00pm							
4:30	Courtice	Newcastle	Courtice	Newcastle			
4:45	CCC	NDRC	CCC	NDRC			
5:00	4:30-6:30	4:30-6:30	4:30-6:30	4:30-6:30			
5:15							
5:30	SF NA	SF NA	SF NA	SF NA			
5:45	Nov 5:45-6:30p	Nov 5:45-6:30p	Nov 5:45-6:30p	Nov 5:45-6:30p			
6:00	Jr 4:30-5:45p	Jr 4:30-5:45p	Jr 4:30-5:45p	Jr 4:30-5:45p			
6:15	Fit 4:30-5:45p	Fit 4:30-5:45p	Fit 4:30-5:45p	Fit 4:30-5:45p			
	Sr 4:30-6:30p	Sr 4:30-6:30p	Sr 4:30-6:30p	Sr 4:30-6:30p			
	Mas 5:30-6:30	Mas 5:30-6:30	Mas 5:30-6:30	Mas 5:30-6:30			
7:00							
7:15		CMA Fitness		CMA Fitness			
7:30		7:15-8p		7:15-8:00p			
7:45							
8:00	CMA Fitness		CMA Fitness				
8:15	8-8:45p		8-8:45p				
8:30	Starts Jul 6		Starts Jul 2				