



2017-2018 Swim Schedule

Effective September 18, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Note:
Senior Competitive (Red) Group						<i>*Morning practices for Senior Competitive groups and Master Swimmers will not occur until October. Check the website for updates. Dryland training will be part of several sessions per week but are not yet reflected on this schedule</i> <i>**Once a month the Sunday evening practice (6:00 - 7:00pm) will be a total team practice. This will involve all competitive and non-competitive groups</i> <i>***swimming and dry land</i>
AM	---	6:30-8:00*	6:30 - 8:00*	---	6:30 - 8:00*	
PM	5:15 -7:30 ***	5:30-7:00	3:15-4:15 Dryland only	5:00 - 6:30	5:30 - 7:30***	
Junior Competitive (Blue) Group						
PM	5:30-7:30***	6:30 - 7:30	5:30 - 6:30	5:00 - 6:30	6:00 - 7:30	
Junior Competitive (White) Group						
PM	5:30 - 7:30***	6:30 - 7:30	5:30 - 6:30	5:00 - 6:30	6:00 - 7:30	
Non-Competitive (Riptides) Group						
PM	5:15 - 6:00	5:30 - 6:30	---	3:00 - 4:00	5:30 -6:30	
Non-Competitive (Ripples) Group						
PM	---	5:30 - 6:30	---	3:00 - 4:00	5:30 - 6:30	
Masters Swimmers Program						
AM	---	6:30-8:00*	6:30 - 8:00*	---	6:30 - 8:00*	
PM	---	---	---	---	---	

Revised September 8, 2017



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Schedule for Total Team Practices:

Total Team Practices are open to all members of the Corner Brook Rapids Swim Club. Members will work on the “fun”dimental of competitive swimming. This practice is where our senior competitive swimmers show off their leadership skills and instruct our junior competitive and pre-competitive swimmers. #gorapidsgo

Session Number	Date (6:00 - 7:00pm)	Group Responsible for Muffins
1.	September 24, 2017	Senior Competitive Group
2.	October 22, 2017	Junior Competitive Group
3.	November 19, 2017	Riptides
4.	December 17, 2017	CBR Executive
5.	January 21 ,2018	Ripples
6.	February 25, 2018	Senior Competitive
7.	March 18, 2018	Junior Competitive
8.	April 22, 2018	Pre-Competitive (Ripples and Riptides)
9.	May 27, 2018	CBR Executive

Revised September 8, 2017