



Kamloops Sunrays Synchronized Swim Club
WEEKLY TRAINING SCHEDULE

AG 13/15 NS

Monday: 4:30-8:30

Wednesday: 4:30-8:30

Thursday: 5:00-8:30

Saturday: 8:00-2:00

AG 11-15 PS

Monday: 5:00-7:30

Tuesday: 5:00-7:30

Thursday: 5:00-8:30

Saturday: 8:00-10:30

PS 10&Under

Tuesday: 5:00-7:30

Wednesday: 5:00-7:30

Rec Star

Monday: 6:00-7:30

Wednesday: 6:00-7:30

CANSwim Synchrono (10 week)

Saturday: 9:30-10:30

Masters

Sunday: 4:00-6:00