

BLUEFINS SCHEDULE 2017-2018

|                         | Lundi         | Mardi   | Mercredi                   | Jeudi   | Vendredi      | Samedi                       | Total Hours | Total hours in the pool |
|-------------------------|---------------|---|----------------------------|---|---------------|------------------------------|-------------|-------------------------|
| Senior A                | 16:00 - 18:00 | 5:30 - 7:00<br>16:00 - 17:30<br>gym 17h30-18h30 | 16:00 - 18:00              | 5:30 - 7:00<br>16:00 - 17:30<br>gym 17h30-18h30 | 16:00 - 18:00 | 6:00 - 7:30<br>gym 7h30-8h30 | 16,5 hres   | 13,5 hres               |
| Senior B                | 16:00 - 18:00 | 16:00 - 17:30<br>gym 17h30-18h00                | 16:00 - 18:00              | 5:30 - 7:00<br>16:00 - 17:30<br>gym 17h30-18h00 | 16:00 - 18:00 | 6:00 - 7:30<br>gym 7h30-8h00 | 13,5 hres   | 12 hres                 |
| Senior C                | 16:00 - 18:00 | 16:00 - 17:30<br>gym 17h30-18h00                | 16:00 - 18:00              | 16:00 - 17:30<br>gym 17h30-18h00                | 16:00 - 18:00 | 6:00 - 7:30                  | 11.5hres    | 10,5 hres               |
| Dev-Prov 1              | 18:00 - 20:00 | dryland 17h30 - 18h00<br>18:00 - 19:30          | OFF                        | dryland 17h30 -18h00<br>18:00 - 19:30           | 18:00 - 20:00 | 7:30 - 9:00                  | 9.5 hres    | 8,5 hres                |
| Dev-Prov 2              | 18:00 - 20:00 | dryland 17h30-18h00<br>18:00 - 19:30            | 18:00 - 20:00              | dryland 17h30 -18h00<br>18:00 - 19:30           | OFF           | OFF                          | 8 hres      | 7 hres                  |
| Dev-Prov 2<br>*Optional | 18:00 - 20:00 | dryland 17h30-18h00<br>18:00 - 19:30            | 18:00 - 20:00              | dryland 17h30 -18h00<br>18:00 - 19:30           | OFF           | *Optional<br>6h à 7h30       | *9.5 hres   | 8 hres                  |
| Dev-Prov 3              | 18:00 - 19:00 | dryland 17h30-18h00<br>18:00 - 19:30            | OFF                        | dryland 17h30 -18h00<br>18:00 - 19:30           | 18:00 - 20:00 |                              | 7 hres      | 6 hres                  |
| Dev-Prov 3<br>*Optional | 18:00 - 19:00 | dryland 17h30-18h00<br>18:00 - 19:30            | OFF                        | dryland 17h30 -18h00<br>18:00 - 19:30           | 18:00 - 20:00 | *Optional<br>7:30 - 9:00     | 8.5 hres    | 7,5 hres                |
| Régional 1              | 19:00 - 20:00 | OFF   | 17h30-18h<br>18:00 - 19:00 | OFF   | 18h00-19h30   | OFF                          | 4 hres      | 3,5 hres                |
| Régional 2              | OFF           | OFF   | 17h30-18h<br>18:00 - 19:00 | OFF   | 18h00-19h30   | OFF                          | 3 hres      | 2,5 hres                |
| Junior Fins 1           | OFF           | dryland 17h00-17h30<br>17:30 - 18:00            | OFF                        | dryland 17h00-17h30<br>17:30 - 18:00            | OFF           | OFF                          | 2 hres      | 1 hr                    |
| Junior Fins 2           | OFF           | dryland 17h00-17h30<br>17:30 - 18:00            | OFF                        | dryland 17h00-17h30<br>17:30 - 18:00            | OFF           | OFF                          | 2 hres      | 1hr                     |
| Junior Fins 3           | OFF           | dryland 17h00-17h30<br>17:30 - 18:00            | OFF                        | dryland 17h00-17h30<br>17:30 - 18:00            | OFF           | OFF                          | 2 hres      | 1 hr                    |

# The Programs 2017/2018:

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## **Junior Fins**

This program is meant for preparing development swimmers to competitive swimming. The swimmers will have the chance to participate in Intra-Clubs and in the Lac St-Louis regional competitions. The swimmer has to demonstrate an ease in the water and be able to swim one pool lap in front crawl and back.

## **Régional #1 – 7-9 years old**

This program is meant for swimmers from 7 to 9 years old with good knowledge of the 4 competitive swimming strokes. The focus is on developing the four strokes. The swimmers will have the chance to participate in the Lac St-Louis regional competitions and in the provincial development level.

## **Régional #2 7-9 years old**

This program is meant for swimmers from 7 to 9 years old with few or none competitive swimming experience. The focus is on skills and developing the four strokes. The swimmers will have the chance to participate in the Lac St-Louis regional competitions and other eligible meets.

## **Dév-Prov #3 9-10 years old**

This program is meant for experienced swimmers of 9 and 10 years old with or close to have provincial development times. The swimmers will have to demonstrate a great attendance and a commitment during practices in order to participate in the proposed competitions.

## **Dév-Prov #2 13-16 years old**

This program is meant for swimmers of 13 to 16 years old with good knowledge of the 4 competitive swimming strokes. The swimmers are encouraged to participate to the majority of practices and to participate at the appropriate competitions level either regional and/or provincial. The swimmers will have to demonstrate a great attendance and a commitment during practices in order to participate in the proposed competitions.

## **Dév –Prov #1 10-12 years old**

This programme is meant for swimmers from 10 to 12 years old with some competitive swimming experience. The swimmers should have development invitational times, provincial invitational and/or 11-12 championships. The swimmers will have to demonstrate a great attendance and a commitment during practices in order to participate in the proposed competitions.

## **Senior – 12 years and over**

This program is meant for swimmers of 12 years and older with a minimum of provincial AA time and for those who demonstrates a level of commitment and capacity that deserves a selection from the head coach. The swimmers will have to demonstrate a great attendance and a commitment during practices in order to participate in the proposed competitions.