

Percy Norman Swim Club - Summer 2026 Practice Schedule

Session 1: June 29 – July 26, 2026

Session 2: July 27 – August 23, 2026

Please Note:

- No practices on **Wednesday, July 1 (Canada Day)** and on **Monday, August 3 (BC Day)**.
- Swimmers may register for Session 1, Session 2, or both sessions.
- Swimmers may register for **up to 3 practices per week**.

Group	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Orange	—	4:45–6:00 HCC	—	3:45–5:00 HCC	4:00–5:00 RCC	4:45–6:00 HCC	4:45–6:00 HCC
Yellow	3:45–5:00 HCC	3:45–5:00 HCC	3:45–5:00 HCC; 5:45– 7:00 HCC	4:00–5:00 RCC; 4:45– 6:00 HCC	4:00–5:00 RCC; 4:45– 6:00 HCC	3:45–5:00 HCC; 4:45– 6:00 HCC	3:45–5:00 HCC; 4:45– 6:00 HCC
Green	3:45–5:00 HCC	3:45–5:00 HCC; 5:45–7:00 HCC	4:45–6:00 HCC; 5:45– 7:00 HCC	3:45–5:00 HCC	4:45–6:00 HCC; 5:00– 6:00 RCC	3:45–5:00 HCC; 5:45– 7:00 HCC	3:45–5:00 HCC; 4:45– 6:00 HCC
Grey	3:45–5:00 HCC; 4:45– 6:00 HCC	5:45–7:00 HCC	3:45–5:00 HCC; 4:45– 6:00 HCC	3:45–5:00 HCC; 4:00– 5:00 RCC	3:45–5:00 HCC; 5:00– 6:00 RCC	3:45–5:00 HCC; 5:45– 7:00 HCC	3:45–5:00 HCC
Red	4:45–6:00 HCC	3:45–5:00 HCC	3:45–5:00 HCC	4:45–6:00 HCC; 5:00– 6:00 RCC	3:45–5:00 HCC; 5:00– 6:00 RCC	4:45–6:00 HCC; 5:45– 7:00 HCC	5:45–7:00 HCC
Blue	4:45–6:00 HCC	4:45–6:00 HCC	4:45–6:00 HCC	4:45–6:00 HCC; 5:00– 6:00 RCC	3:45–5:00 HCC	4:45–6:00 HCC; 5:45– 7:00 HCC	5:45–7:00 HCC

Locations

HCC = Hillcrest Community Centre; RCC = Renfrew Community Centre

Summer Star Clinics at Renfrew Community Centre (RCC)

Mondays, from 4:00 PM – 5:30 PM

Date	Group	Focus
Jun 29	Green & Grey	Freestyle & Backstroke
Jul 6	Yellow	Freestyle & Backstroke
Jul 13	Green & Grey / Red & Blue	Freestyle & Backstroke
Jul 20	Green & Grey	Breaststroke & Butterfly
Jul 27	Yellow	Breaststroke & Butterfly
Aug 10	Green & Grey / Red & Blue	Breaststroke & Butterfly
Aug 17	Green & Grey / Red & Blue	Individual Medley