

PNSC Fall 2026 Weekly Practice Schedule

+ = 15 min Drylands (before practice); * = Optional 15 min Core & Stretching (after practice) ; (P) = Performance practice

Renfrew Park Pool (RCC) ; Kerrisdale Pool (KCC) ; Hillcrest Aquatic Centre (HCC)

	Mon RCC	Tue AM KCC PM RCC	Wed RCC	Thu AM KCC	Fri RCC	Sat RCC	Sun HCC
Group	Sept 14-Dec 21	Sept 8-Dec 15	Sept 9-Dec 16	Sept 10-Dec 17	Sept 11-Dec 18	Sept 12-Dec 19	Sept 13-Dec 20
	No practice - Oct 12	N/A	No practice -Sept 30, Nov 11	N/A	N/A	N/A	N/A
	Practices - 14	Practices - 15	Practices - 13	Practices - 15	Practices - 15	Practices - 15	Practices - 15
Orange	5–6:15p +	—	4–5p	—	4–5p	5–5:50p	4:45–6p +
Yellow	5–6:15p +	5–6:15p +	4–5p	—	4–5p	5–5:50p 5:45–7p +	4:45–6p +
Green	4–5:15p	5–6:15p +	6:15–7:30p +	—	4:45–6p +	4:45–6p + 5:45–7p +	(P) 7:15–8:45am* 5:45–7p +
Grey	4–5:15p	(P) 6:30–8:00a* 4–5:15p	6:15–7:30p +	(P) 6:30–8:00a*	(P) 4:45–6:15p +	4:45–6p + 5:45–7p +	(P) 7:15–8:45a* 5:45–7p +
Red	6–7:30p +	(P) 6:30–8:00a*	(P) 4:45–6:30p +	(P) 6:30–8:00a*	6–7:30p +	4:45–6p +	(P) 7:15–8:45a*
		4-5:15p				(P) 5:30–7p +	
Blue	6–7:30p +	(P) 6:30–8:00a* 4-5:15p	(P) 4:45–6:30p +	(P) 6:30–8:00a*	(P) 6–7:30p	4:45–6p + (P) 5:30–7p +	(P) 7:15–8:45a*

Practice times shown are the full session times, including any Dryland (+) or optional Core & Stretching () where applicable.*

(P) = Performance practice. These sessions emphasize race skills and higher-intensity training. Performance practices are available to all swimmers.

Practice Length	1 Practice/Week	2 Practices/Week (10% Discount)	3+ Practices/Week (15% Discount)	10% discount applies when a swimmer registers for 2 practices per week. 15% discount applies when a swimmer registers for 3 or more practices per week. Discounts apply per swimmer and are applied automatically when all practices are purchased in the same transaction.
50 min	\$11.50	\$10.35	\$9.78	
60 min	\$13.50	\$12.15	\$11.48	
75 min	\$15.75	\$14.18	\$13.39	
90 min	\$17.50	\$15.75	\$14.88	
105 min	\$18.75	\$16.88	\$15.94	