

WHITBY SWIMMING SESSIONAL PROGRAM FALL 2026

8-week schedule • September-November 2026

Week	Group A	Group B	Group C	Group D	Group E	Group F
Week 1	Sept 26 & Sept 28	Sept 26 & Sept 29	Sept 26 & Sept 30	Sept 26 & Oct 1	Sept 26 & Sept 29	Sept 26 & Oct 1
Week 2	Oct 3 & Oct 5	Oct 3 & Oct 6	Oct 3 & Oct 7	Oct 3 & Oct 8	Oct 3 & Oct 6	Oct 3 & Oct 8
Week 3	Oct 17 & Oct 19	Oct 13 & Oct 17	Oct 14 & Oct 17	Oct 15 & Oct 17	Oct 13 & Oct 17	Oct 15 & Oct 17
Week 4	Oct 24 & Oct 26	Oct 20 & Oct 24	Oct 21 & Oct 24	Oct 22 & Oct 24	Oct 20 & Oct 24	Oct 22 & Oct 24
Week 5	Oct 31 & Nov 2	Oct 27 & Oct 31	Oct 28 & Oct 31	Oct 29 & Oct 31	Oct 27 & Oct 31	Oct 29 & Oct 31
Week 6	Nov 7 & Nov 9	Nov 3 & Nov 7	Nov 4 & Nov 7	Nov 5 & Nov 7	Nov 3 & Nov 7	Nov 5 & Nov 7
Week 7	Nov 14 & Nov 16	Nov 10 & Nov 14	Nov 11 & Nov 14	Nov 12 & Nov 14	Nov 10 & Nov 14	Nov 12 & Nov 14
Week 8	Nov 23 & Nov 28	Nov 17 & Nov 28	Nov 18 & Nov 28	Nov 19 & Nov 28	Nov 17 & Nov 28	Nov 19 & Nov 28

MINI MEET • Sunday, November 29, 2026

Fieldgate Sports Complex Groups:

Group A: Monday 4:45-5:30 PM & Saturday 6:00-6:45 AM

Group B: Tuesday 4:45-5:30 PM & Saturday 6:45-7:30 AM

Group C: Wednesday 4:45-5:30 PM & Saturday 7:30-8:15 AM

Group D: Thursday 4:45-5:30 PM & Saturday 8:15-9:00 AM

Anne Ottenbrite Pool (Iroquois Park Sports Centre) Groups:

Group E: Tuesday 4:15-5:00 PM & Saturday 7:30-8:15 AM

Group F: Thursday 4:15-5:00 PM & Saturday 8:15-9:00 AM

WHITBY SWIMMING SESSIONAL PROGRAM - SEPTEMBER 2026

Practice dates are shown with the group(s) attending

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26 ALL GROUPS
27	28 Group A	29 Group B Group E	30 Group C			

ALL GROUPS = Groups A–F are attending

WHITBY SWIMMING SESSIONAL PROGRAM - OCTOBER 2026

Practice dates are shown with the group(s) attending

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Group D Group F	2	3 ALL GROUPS
4	5 Group A	6 Group B Group E	7 Group C	8 Group D Group F	9	10
11	12 THANKSGIVING	13 Group B Group E	14 Group C	15 Group D Group F	16	17 ALL GROUPS
18	19 Group A	20 Group B Group E	21 Group C	22 Group D Group F	23	24 ALL GROUPS
25	26 Group A	27 Group B Group E	28 Group C	29 Group D Group F	30	31 ALL GROUPS

ALL GROUPS = Groups A–F are attending

WHITBY SWIMMING SESSIONAL PROGRAM - NOVEMBER 2026

Practice dates are shown with the group(s) attending

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Group A	3 Group B Group E	4 Group C	5 Group D Group F	6	7 ALL GROUPS
8	9 Group A	10 Group B Group E	11 Group C	12 Group D Group F	13	14 ALL GROUPS
15	16 Group A	17 Group B Group E	18 Group C	19 Group D Group F	20	21
22	23 Group A	24	25	26	27	28 ALL GROUPS
29 MINI MEET ALL GROUPS	30					

ALL GROUPS = Groups A–F are attending