

# **2009-2010 Olympic Aquatic Club Training Schedule**

## **OLYMPIC AQUATIC CENTER (Olympic High School Pool)**

**ENTRY**            **Mon/Wed 5:30-6:10 PM**    **Fri 5-5:40 PM** cOACH **Megan**  
**NOVICE**         **Mon/Wed 6:15-7:30 PM**    **Fri 5:45-7PM** cOACH **Megan**

**AGE GROUP** **Mon/Wed 6-7:30PM** **Fri 5:30-7PM** cOACH **Amy**  
**AGE GROUP TRANSITION** **Mon/ Tues/ Wed 6-7:30** **Fri 5:30-7PM**

ALL Training times will change for OLYMPIC Groups later on in the season. Coaches will notify and time changes will be posted on our training calendars located on [www.oacswim.org](http://www.oacswim.org).

## **JARSTAD POOL (Next to Bremerton YMCA)**

**SENIOR**            **Mon-Fri 4-6 PM** **Saturdays** cOACH **Marilyn**  
**SR AGE GROUP** **Mon/Wed/Fri 4-6 PM**            cOACH **Meredith**  
Swimmers need to bring Dryland clothes everyday to Jarstad practice  
Saturday practices TBA and we also train during extended school holidays

**MASTERS**         **Mon/Wed OLY POOL 7:20-8:30 PM**  
                         **Fri Jarstad Pool 6-7 PM**

**All training times will change once our High School seasons are done. Coaching staff will be working with pool management to start earlier and finish earlier. We will keep you posted, as the season progresses.**

Revised Sept 2009