

## Killarney Gators Swim Club

## Training Schedule of Season 2020-2021 (January)

Revised by January 5, 2021

High Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Elite A</b>	Dryland: 2.5	<u>Killarney (Anchie)</u>	<u>VAC (Anchie)</u>	<u>Killarney (Anchie)</u>	<u>Online dryland</u>	<u>VAC (Anchie)</u>	<u>Templeton (Anchie)</u>	
	Pool: 9.5	Dry: 7:30-7:45pm	Dry: 4:00-4:15pm	Dry: 7:30-7:45pm	4:00-5:30pm	Dry: 4:15-4:30pm	(0.5dry, 2swim or cross)	
	Total Hours: 12	Pool: 7:45-9:15pm	Pool: 4:15-6:15pm	Pool: 7:45-9:15pm		Pool: 4:30-6:30pm	Pool: 6:30-9:00am	
<b>Elite B</b>	Dryland: 2.5	<u>Killarney (Anchie)</u>	<u>VAC (Anchie)</u>	<u>Killarney (Anchie)</u>	<u>Online dryland</u>	<u>VAC (Anchie)</u>	<u>Templeton (Anchie)</u>	
	Pool: 9.5	Dry: 7:30-7:45pm	Dry: 4:00-4:15pm	Dry: 7:30-7:45pm	4:00-5:30pm	Dry: 4:15-4:30pm	(0.5dry, 2swim or cross)	
	Total Hours: 12	Pool: 7:45-9:15pm	Pool: 4:15-6:15pm	Pool: 7:45-9:15pm		Pool: 4:30-6:30pm	Pool: 6:30-9:00am	
Competitive		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Age</b>	Dryland: 2	<u>VAC (Kyle)</u>	<u>Online dryland</u>	<u>VAC (Kyle)</u>		<u>Templeton (Kyle)</u>	<u>Killarney (Kyle)</u>	
	Pool: 6.5	Dry: 4:15-4:30pm	4:00-5:00pm	Dry: 4:15-4:30pm		Dry: 6:15-6:30pm	Dry: 9:30-9:45am	
	Total Hours: 8.5	Pool: 4:30-6:00pm		Pool: 4:30-6:00pm		Pool: 6:30-8:30pm	Pool: 9:45-11:15am	
<b>Youth</b>	Dryland: 1.75	<u>VAC (Kyle)</u>		<u>VAC (Kyle)</u>		<u>Online dryland</u>		<u>Killarney (Kyle)</u>
	Pool: 4	Dry: 5:45-6:00pm		Dry: 5:45-6:00pm		4:00-5:00pm		Dry: 8:15-8:30am
	Total Hours: 5.75	Pool: 6:00-7:00pm		Pool: 6:00-7:00pm				Pool: 8:30-10:30am
Developmental		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Gold</b>	Dryland: 0.75	<u>VAC (Agatha)</u>		<u>VAC (Agatha)</u>				<u>Killarney (Agatha)</u>
	Pool: 3.5	Dry: 5:45-6:00pm		Dry: 5:45-6:00pm				Dry: 8:45-9:00am
	Total Hours: 4.25	Pool: 6:00-7:00pm		Pool: 6:00-7:00pm				Pool: 9:00-10:30am
<b>Alligator</b>	Dryland: 0.25		<u>VAC (Kyle)</u>					<u>Killarney (Kyle)</u>
	Pool: 2		Dry: 6:00-6:15pm					Dry:
	Total Hours: 2.25		Pool: 6:15-7:15pm					Pool: 10:30-11:30am
<b>Gecko</b>	Dryland: 0.25		<u>VAC (Anchie)</u>					<u>Killarney (Agatha)</u>
	Pool: 2		Dry: 6:00-6:15pm					Dry:
	Total Hours: 2.25		Pool: 6:15-7:15pm					Pool: 10:30-11:30am
<b>Salamander</b>	Dryland:	<u>VAC (Agatha)</u>		<u>VAC (Agatha)</u>				
	Pool: 2	Dry:		Dry:				
	Total Hours: 2	Pool: 5:00-6:00pm		Pool: 5:00-6:00pm				

Pool Address: **VAC (Vancouver Aquatic Centre): 1050 Beach Avenue, Vancouver**  
**Killarney: 6260 Killarney street, Vancouver**  
**Templeton: 700 Templeton drive, Vancouver**