

BTSC 2020/2021 Training Schedule

High Performance - @ Allandale Recreation Centre (ARC)							Coach Hans
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM	5:30-7:00am		5:30-7:00am		5:30-7:00am	6:00-7:00am	
Swim PM		3:00-4:30pm	4:30-5:30pm		3:00-4:30pm		
DRYLAND	3:00-4:00 PM		3:00-4:00PM				
ZOOM DRYLAND						9:00-9:45 AM	
<p>Dryland will be held at ARC on Monday and Wednesday as per the schedule above. Please bring running shoes, mat, disinfectant spray or wipe, and any other equipment suggested by the coach prior to the session.</p>							

Senior Black - @ East Bayfield Community Centre (EBC)							Coach Casey
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM						6:00-7:00am	
Swim PM	3:00-4:30 pm	3:00-4:00 pm	3:00-4:30 pm	3:00-4:00pm	3:00-4:30pm		
ZOOM DRYLAND	5:45-6:25 pm				5:45-6:25 pm		
<p>Dryland will be held on Zoom. Please wear running shoes, comfortable clothing, bring a water bottle, skipping rope and equipment if needed.</p>							

Senior Green @ Allandale Recreation Centre (ARC)							Coach Josh
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM				5:30-7:00am			
Swim PM	3:00-4:00pm		3:00-4:30pm	3:00-4:30pm			
ZOOM DRYLAND						10:00-10:40am	
<p>Dryland will be held on zoom Bring running shoes, comfortable clothing for work out, water bottle, mat and equipment</p>							

BTSC 2020/2021 Training Schedule

Senior White / Junior White @ East Bayfield Community Centre (EBC)							Coach Josh
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM							7:30-9:00am
Swim PM					4:30-6:00pm		
ZOOM DRYLAND						10:00-10:40am	
Dryland will be held on Zoom Bring running shoes, comfortable clothing for work out, water bottle, mat and equipment							

Junior Black @ East Bayfield Community Centre (EBC)							Coach Casey
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM	6:00-7:30am		6:00-7:30am		6:00-7:30am		
Swim PM		4:00-5:00pm		4:00-5:00pm			
ZOOM DRYLAND	5:00-5:40 pm						
Dryland will be held on Zoom Please wear running shoes, comfortable clothing, bring a water bottle, skipping rope and equipment if needed.							

Junior Green @ East Bayfield Community Centre (EBC)							Coach Casey
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM		6:00-7:30am		6:00-7:30am		7:00-8:00am	
Swim PM			4:30-6:00pm				
ZOOM DRYLAND					5:00-5:40 pm		
Dryland will be held on Zoom. Please wear running shoes, comfortable clothing, bring a water bottle, skipping rope and equipment if needed.							

BTSC 2020/2021 Training Schedule

Provincial Black @ Allandale Recreation Centre (ARC)							<i>Coach Josh</i>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM		5:30-7:00am				8:00-9:00am	
Swim PM			6:30-7:30pm	4:30-6:00pm			
ZOOM DRYLAND	5:30-6:10pm					10:00-10:40am	
Dryland will be held on Zoom Bring running shoes, comfortable clothing for work out, water bottle, mat and equipment							

Provincial Green @ Allandale Recreation Centre (ARC)							<i>Coach Hans</i>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM						7:00-8:00am	
Swim PM		4:30-6:00pm			4:30-6:00pm		
ZOOM DRYLAND						10:00-10:40	
Bring running shoes, comfortable clothing for work out, water bottle, mat and equipment your coach will suggest the night before Dryland contingency call will be made at noon on that day.							

Novice @ East Bayfield Community Centre (EBC)							<i>Coach Hans</i>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM							
Swim PM	4:30-6:00pm			5:00-6:00pm			
ZOOM DRYLAND						10:00-10:40	
Dryland will be held on Zoom Bring running shoes, comfortable clothing for work out, water bottle, mat and equipment							

BTSC 2020/2021 Training Schedule

Intro @ Allandale Community Centre (ARC)							Coach Josh
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM							
Swim PM	4:00-5:00		5:30-6:30				

Masters @ East Bayfield Community Centre (EBC)							Coach Casey
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swim AM						8:00-9:00am	
Swim PM		5:00-6:00pm					