

2022-2023 FMSC TRAINING SCHEDULE STARTING DECEMBER 6, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
13 + years	Pool 4:30-6:00pm	Yoga 4:30-5:30 Pool 5:30-6:30pm	Pool 6:00-7:30am Pool 4:30-6:00pm	Dry 4:30-5:30 Pool 5:30-6:30pm	Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND 9-10am
13 + STEP 1 morning swim only	Pool 4:30-6:00pm	Yoga 4:30-5:30 Pool 5:30-6:30pm	Option 1: am swim Pool 6:00-7:30am	Dry 4:30-5:30 Pool 5:30-6:30pm	Option 2: am swim Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	DRYLAND 9-10am
11 – 12 years 1 morning swim only	Dry 4:30-5:30 Pool 5:30-6:30pm	Pool 4:30-6:00pm	Option 1: am swim Pool 6:00-7:30am Dry 4:30-5:30	Pool 4:30-6:00pm	Option 2: am swim Pool 6:00-7:30am SKILLS & THRILLS 5-7PM	OFF
10 years and under BLUE	Pool 6:00-7:00pm	Yoga 6-7pm	Pool 6:00-7:00pm	OFF	SKILLS & THRILLS 5-7PM	OFF
10 years and under YELLOW	OFF	Pool 6:00-7:00pm	Yoga 6-7pm	Pool 6:00-7:00pm	SKILLS & THRILLS 5-7PM	OFF
TEEN FIT	OFF	Act 6:45-7:00 Pool 7:00-8:00	OFF	Act 6:45-7:00 Pool 7:00-8:00	OFF	OFF
MINI MANTAS Group A Group C Group E	4:15-5:00 5:15-6:00 6:15-7:00	OFF	4:15-5:00 5:15-6:00 6:15-7:00	OFF	OFF	OFF
MINI MANTAS Group B Group D Group F	OFF	4:15-5:00 5:15-6:00 6:15-7:00	OFF	4:15-5:00 5:15-6:00 6:15-7:00	OFF	OFF

Poolside activation is included in the posted Pool times.

Dry = Dryland led by MacDonald Island Park locations as below. No dryland programs on Stat holidays.

- Blue/Yellow YOGA: **Running Track Pocket A**
- 11-12: **Running Track Pocket C**
- 13+: Tuesday (Yoga) **THE STUDIO** Thursday **Fieldhouse 1**, Saturday **Running Track Pocket C**

Swimmers, please wear your yellow club T-shirt during dryland training.

*This schedule will be in effect from December 6, 2022, until otherwise notified, changes to the schedule will be advised via email and social media.