**Fort McMurray Manta Swim Club**

 **2021-2022 Training Schedule\*(*Non-Covid*) *Version 2.0***

|  |  |  |  |  |  |  |
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|   | **Monday PM**  | **Tuesday****PM**  | **Wednesday PM**  | **Thursday****PM**  | **Friday** **PM**  | **Saturday** **AM**  |
| **DEVILFISH3**  | Act 3:45-4:00 Pool 4:00-5:30 Dry 5:30-6:00  | Act 3:45-4:00 Pool 4:00-6:00 Dry 6:00-6:30  | Act 3:45-4:00 Pool 4:00-5:30 Dry 5:30-6:00  | Act 3:45-4:00 Pool 4:00-6:00 Dry 6:00-6:30  | Act 4:15-4:30 Pool 4:30-6:00 Dry 6:00-6:20  |  Act 9:00-9:15 Pool 9:15-10:30[[1]](#footnote-1)  |
| **GOLD**  | Act 4:15-4:30 Pool 4:30-6:00 Dry 6:00-6:20  | Act 4:15-4:30 Pool 4:30-6:00 Dry 6:00-6:20  | Act 4:15-4:30 Pool 4:30-6:00 Dry 6:00-6:20  | Act 4:15-4:30 Pool 4:30-6:00 Dry 6:00-6:20  | Act 4:15-4:30 Pool 4:30-6:00 Dry 6:00-6:20  |  Act 9:00-9:15 Pool 9:15-10:301  |
| **SILVER** |  Act 4:45-5:00 Pool 5:00-6:15  |  Act 4:45-5:00 Pool 5:00-6:15  |  OFF  |  Act 4:45-5:00 Pool 5:00-6:15  |  Act 5:45-6:00 Pool 6:00-7:15  |  Act 9:00-9:15 Pool 9:15-10:301  |
| **BRONZE**  |  Act 5:15-5:30 Pool 5:30-6:30  |  OFF  | Act 5:15-5:30 Pool 5:30-6:30 |  OFF  | Act 5:45-6:00 Pool 6:00-7:00 |  Act 10:30-10:45Pool 10:45-11:452  |
| **BLUE**  |  Act 5:15-5:30 Pool 5:30-6:15  |  OFF  |  Act 5:15-5:30 Pool 5:30-6:15  |  OFF  |  OFF  |  Act 10:30-10:45Pool 10:45-11:452  |
| **YELLOW**  |  OFF  |  Act 5:45-6:00 Pool 6:00-6:45  |  OFF  |  Act 5:45-6:00 Pool 6:00-6:45  |  OFF  |  Act 10:30-10:45Pool 10:45-11:452  |
| **RED**  |  Act 6:15-6:30 Pool 6:30-7:15  |  OFF  |   Act 6:15-6:30  Pool 6:30-7:15 |  OFF  |  OptionalAct 6:15-6:30Pool 6:30-7:15 |  Act 10:30-10:45Pool 10:45-11:452  |
| **TEEN FIT**  |  Act 6:30-6:45 Pool 6:45-7:45  |  OFF  |   Act 6:30-6:45  Pool 6:45-7:45  |  OFF  |  OFF  |  OFF  |
| **SWIM ACADEMY** **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  |
| **SWIM ACADEMY** **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  |

Act = Activation. Swimmers, please wear your club T-shirt during activation and shower after activation. Dry = Dryland. Swimmers, please wear your club T-shirt during dryland training.

1. \*Training schedule is subject to change

 Saturday morning long course season 7:30-9:00 am 2Saturday morning long course season 9:30-10:30 am

3 Devilfish weekday morning workouts scheduled as needed on Mon/Wed/Fri 6:00-7:30 [↑](#footnote-ref-1)