**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 10:30-10:45  Pool 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 10:30-10:45  Pool 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 10:30-10:45  Pool 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 | Optional  Act 6:15-6:30  Pool 6:30-7:15 | Act 10:30-10:45  Pool 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)