

LANGLEY OLYMPIANS SWIM CLUB - WC BLAIR
2022 - 2023 Training Schedule

GROUPS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke Improvement & Conditioning		3:30 pm - 4:45 pm		3:30 pm - 4:45 pm		
Olympic Way		4:30pm - 5:45pm		4:30pm - 5:45pm		