

Sept 9 2020							
Abbotsford Olympians Swim Club							
Training Schedule 2020-2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stroke Improvement & Conditioning (11-18yrs)							
am			6:00 - 7:15				
pm			(TBD)	5:15-6:30			
Olympic Way (10yrs & under)							
am							
pm				4:15-5:15			
Mini Olympians (10yrs & under)							
am							
pm				4:15-5:00			
Wednesday Morning Practices Require Minimum Numbers. Please contact the office for more information.							
Please be on time to your workouts so there is no disruption to the group. Please try to attend your scheduled workout.							
If you are going to be away let your coach know. If you are away there is not a make up workout. Thank you!							
Contact Information							
Email: laosocadmin@telus.net							
Phone: 604-825-1856							
Website: www.abbotsfordolympians.com							