

July 19 2021							
Abbotsford Olympians Swim Club							
Training Schedule 2021-2022							
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Stroke Improvement & Conditioning (11-18yrs)							
am			6:00 - 7:15 am			7:15 - 8:30 am	
pm		5:00-6:15 pm		5:00-6:15 pm			
Olympic Way (10yrs & under)							
am							
pm		4:00-5:00 pm		4:00-5:00 pm		8:30 - 9:30 am	
Mini Olympians (10yrs & under)							
am							
pm		4:00-4:45 pm		4:00-4:45 pm		8:30 - 9:15 am	
Masters/Triathlon (adults)							
am			6:00 - 7:15 am TBD				
pm							
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							
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