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|--|-------------------------|--------------------------|-------------------------|--------------------------|-------------------------|-----------------|---------------|
| September 11 2020 | | | | | | | |
| Langley Olympians Swim Club | | | | | | | |
| September Aldergrove Training Schedule 2020 - 2021 | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| National (13-18yrs) | | | | | | | |
| am | 5:30-7:30 | | 5:30-7:30 | | 5:30-7:30 | 7:00-9:00 | |
| pm | 4:00-5:30 | 3:15-6:00 | | 3:15-6:00 | 5:00-7:00 | | |
| | | | | | | | |
| Provincial (10-14yrs) | | | | | | | |
| am | | 5:45-7:30 | | 5:45-7:30 | | 5:45-7:15 | |
| pm | 3:15-4:30 | | 3:15-5:00 | | 3:15-4:45 | | |
| | | | | | | | |
| Age Group Performance (13-18yrs) | | | | | | | |
| am | | 5:45-7:30 | | 5:45-7:30 | | 5:45-7:15 | |
| pm | 4:00-5:00 | | 3:15-5:00 | | 5:15-7:00 | | |
| | | | | | | | |
| Regional (7-10yrs) | | | | | | | |
| am | | | | | | 8:45-10:00 | |
| pm | 3:15-4:30 | | 3:15-5:00 | | 4:15-5:30 | | |
| | | | | | | | |
| Stroke Improvement & Conditioning (11-18yrs) | | | | | | | |
| am | | | | | | 8:45-10:00 | |
| pm | 3:15 - 4:30 | 3:15-4:30 (Adv) | 3:15 - 4:30 | 3:15-4:30 (Adv) | 3:15-4:30 (All) | | |
| pm | | 4:15-5:30 (Beg) | | 4:15-5:30 (Beg) | | | |
| | | | | | | | |
| Olympic Way (10yrs & under) | | | | | | | |
| am | | | | | | 9:00-10:00 | |
| pm | 4:00-5:00 | 3:30-4:30 | 4:00-5:00 | 3:30-4:30 | 4:30-5:30 | | |
| pm | | 4:30-5:30 | | 4:30-5:30 | | | |
| | | | | | | | |
| Mini Olympians (8yrs & under) | | | | | | | |
| am | | | | | | | |
| pm | 4:00-5:00 | | 4:00-5:00 | | | | |
| | | | | | | | |
| Masters/Triathlon (adults) | | | | | | | |
| am | 5:30-6:45 (with Nat) | 5:45-7:00 (with Prov) | 5:30-6:45 (with Nat) | 5:45-7:00 (with Prov) | 5:30-6:45 (with Nat) | | |
| pm | | | | | | | |
| | | | | | | | |
| Training Schedule for Tuesday Septmber 8 @ Walnut Grove Track | | | | | | | |
| Provincial/AGP/Regional - 6:15-7:30 AM | | | | | | | |
| National - 3:15-5:00 PM | | | | | | | |
| Training Schedule for Wednesday Septmber 9 @ Walnut Grove Track | | | | | | | |
| National - 6:15-7:30 AM | | | | | | | |
| Provincial/AGP/Regional - 3:15-4:30 PM | | | | | | | |
| Some Notes: | | | | | | | |
| National, Provincial, AGP, Regional - Swimming Start Date - Thursday September 10 | | | | | | | |
| Olympic Way, Stroke Improvement - Swimming Start Date - Monday September 14 | | | | | | | |
| Please be on time to your workout so there is no distrupction to the group. Please try to attend your scheduled workout. If you are to be away let you coach. be no make ups or refunds on workouts. | | | | | | | |
| Contact Information | | | | | | | |
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