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		7:15-8:30 (only Masters)		7:15-8:30 (only Masters)			

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 distruption 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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