Oct 16 2019

Langley Olympians Swim Club
Training Schedule 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National (13-18yrs)							
am	5:30-7:30		5:30-7:30		5:30-7:30	6:15-8:30	
pm	4:30-7:00	3:15-6:00		3:15-6:00	4:30-7:00		
Provincial (10-14yrs)							
am		5:45-7:30		5:45-7:30 (11yrs & over only)		6:15-8:00 Sept -Mar 5:15-7:00 Mar 30 - July	
pm	3:15-5:30		3:15-5:30		3:15-5:30		
Age Group Performance (13-18yrs)							
am			5:30-7:30 (5x a Week)			8:00-9:30 Sept - Mar 8:15-9:30 Mar 30 - July	
pm	5:15-7:00		5:00-7:00 (Dryland 5:00-5:30)		5:15-7:00		
Regional (7-10yrs)							
am						8:15-9:30	
pm	4:15-5:45		4:15-5:45		4:15-5:45		
Stroke Improvement & Conditioning (11-18yrs)							
am						WG 8:15-9:30	
pm	WG 3:15-4:30	WCB 3:30-4:45	**WG 5:45-7:00pm Full**	WCB 3:30-4:45	WG 3:15-4:30		
Olympic Way (10yrs & under)							
am						WG 8:15-9:15	
pm	WG 4:30-5:30		WG 4:30-5:30		WG 4:30-5:30		
pm	WG 5:45 - 6:45	WCB 4:45-5:45	WG 5:45 - 6:45	WCB 4:45-5:45	WG 5:45 - 6:45		
Mini Olympians (8yrs & under)							
am							
pm	WG 4:30-5:15		WG 4:30-5:15		WG 4:30-5:15		
pm							
Masters/Triathlon (adults)							
am							
pm		7:45-9:00		7:45-9:00			

Stroke Improvement & Condtioning on Wednesdays is currently full. Please contact us if you would like to be put on a wait list for this time slot.

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.
If you are away there will not be a make up workout of refund. Thank you.

Contact Information
Email: laoscadmin@telus.net
Phone: 604-532-5257
Website: www.langleyolympians.com