

February 16 2022							
Langley Olympians Swim Club Training Schedule 2021-2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>National (13-18yrs)</b>							
am	5:30-7:30		5:30-7:30		5:30-7:30	6:15-8:45	
pm	4:30-7:00	3:15-6:00		3:15-6:00	4:30-7:00		
<b>Provincial (10-14yrs)</b>							
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		
<b>Age Group Performance (13-18yrs)</b>							
am			5:30-7:30 (5x a Week by invitation)			8:00-9:30 Sept - Mar 8:15-9:30 Mar 30 - July	
pm	5:00-7:00		5:00-7:00 (Dryland 5:00-5:30)		5:00-7:00		
<b>Regional (7-10yrs)</b>							
am						8:15-9:30	
pm	4:15-5:30		4:15-5:45		4:15-5:30		
<b>Stroke Improvement &amp; Conditioning (11-18yrs)</b>							
am						WG 8:15-9:30	
pm	WG 3:15-4:30 FULL	WCB 3:30-4:45	WG 3:15-4:30	WCB 3:30-4:45	WG 3:15-4:30		
pm			WG 5:45-7:00pm FULL				
<b>Olympic Way (10yrs &amp; under)</b>							
am						WG 8:15-9:15	
pm	WG 4:30-5:30 FULL	WG 3:15 - 4:15	WG 4:30-5:30	WG 3:15 - 4:15	WG 4:30-5:30		
pm		WG 4:30-5:30		WG 4:30-5:30			
pm	WG 5:45 - 6:45 FULL	WCB 4:45-5:45	WG 5:45 - 6:45 FULL	WCB 4:45-5:45	WG 5:45 - 6:45		
<b>Mini Olympians (8yrs &amp; under)</b>							
am							
pm	WG 4:30-5:15 FULL		WG 4:30-5:15 FULL		WG 4:30-5:15 FULL		
pm							
<b>Masters/Triathlon (adults)</b>							
am							7:45-9:00
pm		WG 7:45-9:00		WG 7:45-9:00 FULL			
Please be on time to your workout so there is no disruption to the group. Please try to attend your scheduled workout. If you are to be away let your coach know. There will be no make ups or refunds on workouts.							
If you are away there will not be a make up workout or refund. Thank you.							
<b>Contact Information</b>							
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