June 2 2022

Langley Olympians Swim Club
Training Schedule 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National (13-18yrs)							
am	5:30-7:30		5:30-7:30		5:30-7:30	6:15-8:45	
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 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		
Regional (7-10yrs)							
am						8:15-9:30	
pm	4:15-5:30		4:15-5:45		4:15-5:30		
Stroke Improvement & Conditioning (11-18yrs)							
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 FULL**		
pm			**WG 5:45-7:00pm FULL**				
Olympic Way (10yrs & under)							
am						WG 8:15-9:15	
pm	**WG 4:30-5:30 FULL**	WG 3:15 - 4:15	**WG 4:30-5:30 FULL**	WG 3:15 - 4:15	**WG 4:30-5:30 FULL**		
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	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							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 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.

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

Contact Information
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