

May 17 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 (6x 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		
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 disruption to the group. Please try to attend your scheduled workout. If you are to be away let your 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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