

June 29 2021							
<b>Langley Olympians Swim Club</b>							
<b>Training Schedule 2021-2022</b>							
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<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</b>							
<b>Performance (13-18yrs)</b>							
am			5:30-7:30 (5x a Week)			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	4:15-5:45		4:15-5:45		4:15-5:45		
<b>Stroke Improvement &amp; Conditioning (11-18yrs)</b>							
am						WG 8:15-9:30	
pm	WG 3:15-4:30	WCB 3:30-4:45	WG 3:15 - 4:30pm (Beginner Widths ONLY)	WCB 3:30-4:45	WG 3:15-4:30		
pm			WG 5:45-7:00pm				
<b>Olympic Way (10yrs &amp; under)</b>							
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		
<b>Mini Olympians (8yrs &amp; under)</b>							
am							
pm	WG 4:30-5:15		WG 4:30-5:15		WG 4:30-5:15		
pm							
<b>Masters/Triathlon (adults)</b>							
am	5:30-7:30				5:30-7:30 (TBC)		7:45-9:00
pm		7:45-9:00		7:45-9:00			
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 you coach.							
If you are away there will not be a make up workout of refund. Thank you.							
<b>Contact Information</b>							
Email: laosadmin@telus.net							
Phone: 604-532-5257							
Website: www.langleyolympians.com							