

**LANGLEY OLYMPIANS SWIM CLUB**  
**2022 - 2023 Training Schedule**

GROUPS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
National	5:30am - 7:30am		5:30am - 7:30am		5:30am - 7:30am	6:00am - 8:00am	
	5:30pm - 7:00pm	3:30pm - 5:30pm		3:30pm - 5:30pm	5:30pm - 7:00pm		
	4:30pm - 5:30pm D				4:30pm - 5:30pm D		
Provincial		5:45am - 7:30am		5:45am - 7:30am		8:15am - 10:30am	
	3:15pm - 5:00pm		4:45pm - 6:30pm		3:15pm - 5:00pm		
**Seniors		5:45am - 7:30am		5:45am - 7:30am		8:15am - 10:30am	
	3:15pm - 5:00pm		4:45pm - 6:30pm		3:15pm - 5:00pm		
**Regional A						8:15am - 9:30am	
	3:15pm - 4:30pm	4:15pm - 5:30pm	3:15pm - 4:30pm		3:15pm - 4:30pm		
**Regional B						8:15am - 9:30am	
	4:15pm - 5:30pm		4:15pm - 5:30pm	4:15pm - 5:30pm	4:15pm - 5:30pm		
Olympic Way						8:15am - 9:30am	
	3:15pm - 4:30pm -	3:15pm - 4:30pm -	3:15pm - 4:30pm -	3:15pm - 4:30pm - FULL	3:15pm - 4:30pm -		
Olympic Way							
	4:15pm - 5:30pm -		4:15pm - 5:30pm -		4:15pm - 5:30pm -		
Olympic Way							
	5:15pm - 6:30pm -		5:15pm - 6:30pm -		5:15pm - 6:30pm -		
Mini O		3:15pm - 4:30pm Full		3:15pm - 4:30pm - FULL		9:15am - 9:30am - FULL	
		4:15pm - 5:30pm - Full		4:15pm - 5:30pm - Full			
Stroke Improvement & Conditioning	6:15pm - 7:15pm-		6:15pm - 7:15pm- FULL		6:15pm - 7:15pm- FULL		
	7:00pm - 8:00pm - FULL		7:00pm - 8:00pm - FULL		7:00pm - 8:00pm - FULL		
Masters							7:45am - 9:00am
		7:45pm - 9:00pm		7:45pm - 9:00pm			
*Schedule May subject to change							
**Only selected swimmers							

