



## 2021-2022 Swimming Training Schedule – LONDON AREA

<b>BGC</b> = Boy's & Girl's Club Aquaplex <b>CGAC</b> = Canada Games Aquatic Centre <b>WSRC</b> = Western Student Recreation Centre	<b>GREEN = SWIMMING</b> <b>BLUE = WATER POLO</b>
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### INTRO TO SWIM GROUP:

- A Fun Introductory Orientation to Swimming Skills
  - Stroke Development
  - Only 1 Practice A Week
- Ages 5-10 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
<b>AM</b>						11:00am- 12:00pm @ CGAC	

### WHITE GROUP:

- A Fun Introductory Orientation to Swimming & Water Polo Skills
  - Stroke Development
- Ages 5-8 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
<b>AM</b>						11:00am- 12:00pm @ CGAC	
<b>PM</b>	7:45pm- 8:45pm @ BGC  <div style="background-color: yellow; padding: 2px;">6:15pm- 7:15pm @ WSRC</div>		6:00pm- 6:30pm @ CGAC				

Practices highlight in yellow are currently not available, but hopefully will be added soon



**GREEN GROUP:**

- An Introduction to Competitive Swimming & Water Polo Skills
- Technical Stroke Improvement

Ages 8-10 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						11:00am-12:00pm @ CGAC	
PM	7:45pm-8:45pm @ BGC  6:15pm-7:15pm @ WSRC		6:00pm-6:30pm @ CGAC				

**REC SWIM GROUP:**

- Keep Fit, Stay Healthy, Have Fun Swimming & Playing Water Polo!
- Improve Technical Skills & Stroke Enhancement

Ages 10-15 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM							9:30am-11:00am @ CGAC
PM		7:45pm-8:45pm @ BGC	6:30pm-7:30pm @ CGAC				

Practices highlight in yellow are currently not available, but hopefully will be added soon



**BLACK GROUP:**

- Technical Swimming & Water Polo Skills
- Stroke Enhancement
- Introduction to Training & Racing

Ages 10-12 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM			6:00am-7:00am @ BGC  6:05am-7:05am @ WSRC			6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM	7:45pm-8:45pm @ BGC  6:15pm-8:00pm @ WSRC		6:30pm-7:30pm @ CGAC	7:45pm-8:45pm @ BGC  6:00pm-7:00pm @ WSRC			5:30pm-7:00pm @ CGAC

**YOUTH GROUP:**

- Refinement of Swimming & Water Polo Skills
- Enhanced Training & Stroke Mechanics
- Racing Improvement

Ages 12-13 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM		6:05am-7:05am @ WSRC	6:00am-7:00am @ BGC  6:05am-7:05am @ WSRC			6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM	7:45pm-8:45pm @ BGC 6:15pm-8:00pm @ WSRC		6:30pm-7:30pm @ CGAC	7:45pm-8:45pm @ BGC  6:00pm-8:00pm @ WSRC			5:30pm-7:00pm @ CGAC

Practices highlight in yellow are currently not available, but hopefully will be added soon



**SENIOR GROUP:**

- Advanced Swimming & Water Polo Skills
- Mastery of Stroke Mechanics
- Performance Training & Racing

Ages 14-18 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM		6:05am-7:05am @ WSRC	6:00am-7:00am @ BGC  6:05am-7:05am @ WSRC			6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM	7:45pm-8:45pm @ BGC  6:15pm-8:00pm @ WSRC		6:30pm-7:30pm @ CGAC	7:45pm-8:45pm @ BGC  6:00pm-8:00pm @ WSRC			5:30pm-7:00pm @ CGAC

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