



2021-2022 Swimming Training Schedule – ST. MARY’S & STRATFORD AREA

PRC = Pyramid Recreation Centre – St. Mary’s YMCA = Huron-Perth YMCA – Stratford	GREEN = SWIMMING
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WHITE GROUP:

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

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM							
PM		7:30pm-8:30pm @ YMCA			6:00pm-7:00pm @ PRC		

GREEN GROUP:

- An Introduction to Competitive Swimming Skills
 - Technical Stroke Improvement
- Ages 8-10 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM							
PM		7:30pm-8:30pm @ YMCA			6:00pm-7:00pm @ PRC		

BLACK GROUP:

- Technical Skills & Stroke Enhancement
 - Introduction to Training & Racing
- Ages 10-12 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						7:30am-8:30am @ PRC	
PM	6:00pm-7:00pm @ PRC	7:30pm-8:30pm @ YMCA			6:00pm-7:00pm @ PRC		

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



YOUTH GROUP:

- Refinement of Skills & Stroke Mechanics
- Enhanced Training
- Racing Improvement

Ages 12-13 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						7:30am-8:30am @ PRC	
PM	6:00pm-7:00pm @ PRC	7:30pm-8:30pm @ YMCA			6:00pm-7:00pm @ PRC		

SENIOR GROUP:

- Advanced Skills
- Mastery of Stroke Mechanics
- Performance Training & Racing

Ages 14+ years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						7:30am-8:30am @ PRC	
PM	6:00pm-7:00pm @ PRC	7:30pm-8:30pm @ YMCA			6:00pm-7:00pm @ PRC		

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