



2020-2021 Swimming Training Schedule

BGC = Boy's & Girl's Club Aquaplex CGAC = Canada Games Aquatic Centre	GREEN = SWIMMING BLUE = WATER POLO
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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						11:15am-12:00pm @ CGAC	
PM			6:00-6:30 @ CGAC				

GREEN GROUP:

- An Introduction to Competitive Swimming Skills
- Technical Stroke Improvement

Ages 8-10 years old:

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

BLACK GROUP:

- Technical Skills & Stroke Enhancement
- Introduction to Training & Racing

Ages 10-12 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM	6:00-7:00 @ BGC				6:00-7:00 @ BGC	6:00-8:00 @ BGC	9:30-11:00 @ CGAC
PM			6:30-7:30 @ CGAC				5:30-7:00 @ CGAC



YOUTH GROUP:

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

Ages 12-13 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM	6:00-7:00 @ BGC				6:00-7:00 @ BGC	6:00-8:00 @ BGC	9:30-11:00 @ CGAC
PM			6:30-7:30 @ CGAC				5:30-7:00 @ CGAC

SENIOR GROUP:

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

Ages 14+ years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM	6:00-7:00 @ BGC				6:00-7:00 @ BGC	6:00-8:00 @ BGC	9:30-11:00 @ CGAC
PM			6:30-7:30 @ CGAC				5:30-7:00 @ CGAC