

West Vancouver Otters Swim Club
2021-2022 Training Schedule

| | | | | | | | | | Total per week | | | |
|--------------------------|----|----------------|---------------|----------------|---------------|----------------|----------------|--------|-----------------|----------------|---------------|-----------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | Hrs of swimming | Hrs of Dryland | # of Workouts | Total Hrs |
| NATIONAL | AM | | 6:00 - 7:30 S | | 6:00 - 7:30 S | 6:00 - 7:30 S | 6:00 - 8:00 S | | 16 | 3 | 10 | 21 |
| | PM | 3:30 - 5:00 S | 3:45 - 4:45 D | 3:30 - 5:30 S | 1:30 - 3:00 S | 3:45 - 4:45 D | | | | | | |
| | | | 5:00 - 7:00 S | | 3:15 - 4:15 D | 5:00 - 6:30 S | | | | | | |
| YOUTH | AM | | 6:00 - 7:30 S | | 6:00 - 7:30 S | | 6:00 - 8:00 S | | 13 | 2 | 7 | 15 |
| | PM | 3:30 - 5:30 S | 3:45 - 4:45 D | 3:30 - 5:30 S | | 3:45 - 4:45 D | | | | | | |
| | | | 5:00 - 7:00 S | | | 5:00 - 6:30 S | | | | | | |
| PROVINCIAL | AM | 6:00 - 7:30 S | | | | | 6:00 - 8:00 S | | 10.5 | 2 | 7 | 12.5 |
| | PM | 3:30 - 5:00 S | | 3:30 - 5:00 S | 3:30 - 5:30 S | 3:30 - 5:00 S | | | | | | |
| | | | 5:00 - 6:00 D | | | 5:00 - 6:00 D | | | | | | |
| AA | AM | | | | | | 6:00 - 8:00 S | | 8 | 2 | 6 | 10 |
| | PM | 5:30 - 7:00 S | 3:30 - 5:00 S | 5:30 - 7:00 S | 5:30 - 7:00 S | | | | | | | |
| | | | 5:00 - 6:00 D | | | 5:00 - 6:00 D | | | | | | |
| Youth Development | AM | | | | | | | | 3.5 | 0 | 3 | 3.5 |
| | PM | | 3:30 - 4:30 S | | | 6:30 - 7:30 S | 4:00 - 5:30 S | | | | | |
| LMR RED | AM | | | | | | | | 4.5 | 0 | 4 | 4.5 |
| | PM | | 6:00 - 7:00 S | | 6:00 - 7:00 S | 6:30 - 7:30 S | 5:30 - 7:00 S | | | | | |
| LMR GOLD | AM | | | | | | | | 4.5 | 0 | 4 | 4.5 |
| | PM | | 5:00 - 6:00 S | | 5:00 - 6:00 S | 5:30 - 6:30 S | 5:30 - 7:00 S | | | | | |
| OSA | B | 5:15 - 7:00 PM | | 4:45 - 6:00 PM | | 4:15 - 5:30 PM | | | 3.5 | 0 | 3 | 4 |
| | O | 4:15 - 5:30 PM | | | | 3:15 - 4:30 PM | 6:45 - 8:00 AM | | 3 | 0 | 3 | 3 |
| | S | 4:15 - 5:30 PM | | | | 3:15 - 4:30 PM | 6:45 - 8:00 AM | | 3 | 0 | 3 | 3 |
| | W | 3:15 - 4:30 PM | | 5:45 - 7:00 PM | | | 7:45 - 9:00 AM | | 3 | 0 | 3 | 3 |
| | SH | 3:15 - 4:30 PM | | 5:45 - 7:00 PM | | | 7:45 - 9:00 AM | | 3 | 0 | 3 | 3 |
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | | | |

| | |
|----|-----------|
| B | Belugas |
| O | Orcas |
| S | Sharks |
| W | Whales |
| SH | Seahorses |