



Orinda Aquatics Workout Schedule 2021-2022



Pre-season Schedule

Week of Aug 23: Optional workouts, **Senior group** -- Mon, Wed, Thu **S4** 3:30-5:00, **S2/3** 5:00-6:20; Tue **S4** 3:30-4:45, **S2/3** 4:45-6:00
 Optional workouts, **Junior group** -- Tue, **All** 6:00-7:00; Wed, Thu, **All** 6:20-7:30

Week of Aug 30: **All groups**, Mon-Thu regular PM w/dryland; no AM; no Sat; **Meetings** (Zoom) -- Fri, **Senior** 4:00-5:15; Fri, **Junior** 6:30-7:30; Mon, **Parents** 6:30

Week of Sept 6: **All groups**, Tue-Thu regular PM w/dryland; no AM; no Mon (Labor Day); no Fri/Sat (water polo)

Week of Sept 13: **All groups**, Mon-Sat, regular schedule begins, as shown below; **Suit-fitting**, Sat 9:00-10:00; **Parents Q&A**, Sat 9:00-10:00

Regular Season Schedule*

		Monday	Tuesday	Wed	Thursday	Friday	Saturday
Senior 4	AM	6:00-7:30		6:00-7:30		6:00-7:30 optional	7:00-10:00
	PM	3:40-5:10	3:40-5:10	none	3:40-6:00	3:40-5:10	
	DL		5:15-5:50		6:00-6:30		10:00-11:00
	MTG					5:15-5:45	
Senior 3	AM	6:00-7:30				6:00-7:30	7:30-9:30
	PM	5:10-6:30	5:10-6:30	3:50-6:10	none	5:10-6:30	
	DL	4:30-5:10		6:10-6:40			9:30-10:30
	MTG					TBD	
Senior 2	AM					6:00-7:30	7:30-9:30
	PM	5:10-6:30	5:10-6:30	3:50-6:10	none	5:10-6:30	
	DL	4:30-5:10		6:10-6:40			9:30-10:30
	MTG					TBD	
Junior 3	AM					TBD	8:15-10:00
	PM	6:30-7:45	6:30-7:45	6:10-7:45	6:10-7:45	6:30-7:45	
	DL/MTG		5:50-6:30 DL	5:30-6:10 DL			7:30-8:10 DL
Junior 1&2	PM/Sat	6:30-7:45	6:30-7:45	6:10-7:45	6:10-7:45	6:30-7:45	8:15-10:00
	DL/MTG		5:50-6:30 DL	5:30-6:10 DL			7:30-8:10 DL

Workout Schedule Notes

- Times listed are "in the water" times; please arrive 15 minutes prior to start time.
- *Senior group workout schedule will change during high school swim season, 2/7-5/7. No PM w/OA, instead meets or training with high school team.
- Senior group has one afternoon off each week. The time should be used for homework, family time, or relaxing -- no bad TV or social media!
- Participation in dryland and meetings is expected as part of the regular training schedule.
- For all groups, start times vary throughout the week for swimming and dryland.