Oct 30 2008

Langley Olympians Swim Club
Training Schedule 2008-2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National am	5:15-7:30		5:15-7:30		5:15-7:30	5:45-8:30	
pm	4:30-7:00	3:15-6:00	1:45-3:30pm opt.	3:15-6:00	4:30-7:00		
Provincial							
am		5:45-7:30		5:45-7:30		5:15-7:30	
pm	3:15-5:45		3:15-5:45		3:15-5:45		
Regional							
am						8:15-9:30	
pm	4:15-5:30		4:00-5:45		4:15-5:30		
SI&C							
am						8:15-9:30	
pm	3:15-4:30		5:45-7:00pm		3:15-4:30		
Olympic Way							
am							
pm	WG 4:30-5:30		WG 4:30-5:30		WG 4:30-5:30		
		WCB 4:00-5:00		WCB 4:00-5:00			
Jr. Olympians							
am							
pm	WG 4:30-5:30		WG 4:30-5:30		WG 4:30-5:30		
		WCB 4:00-5:00		WCB 4:00-5:00			
Mini Olympians							
am							
pm	WG 4:30-5:15		WG 4:30-5:15		WG 4:30-5:15		
		WCB 4:00-4:45		WCB 4:00-4:45			
Masters/Triathlon							
am	5:15-6:30		5:15-6:30		5:15-6:30		7:45-9:00
pm		8:15-9:30		8:15-9:30			

Please be on time to your workouts so there is no disruption to the group. Please try to attend your scheduled workout. If you are going to be away let your coach know. If you are away there is not a make up workout. Thank you!