May 8 2009

Langley/Abbotsford Olympians Swim Club
Training Schedule July 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
National am	6:15-8:00		6:15-8:00		6:15-8:00	5:45-8:30	
pm	4:30-7:00	3:15-5:30	4:30-7:00 (aft.AGN)	3:15-5:30	4:30-7:00(off after AGN)		
Provincial							
am		6:15-8:00		6:15-8:00		5:45-8:00	
pm	3:15-5:45		3:15-5:45		3:15-5:45		
Regional							
am						8:15-9:30	
pm	4:15-5:30		4:15-5:30pm		4:15-5:30		
SI&C							
am						8:15-9:30	
pm	4:15-5:30pm		4:15-5:30pm		4:15-5:30pm		
Olympic Way							
am							
pm	WG 4:30-5:30		WG 4:30-5:30		WG 4:30-5:30		
Jr. Olympians							
am							
pm	WG 4:30-5:30		WG 4:30-5:30		WG 4:30-5:30		
Mini Olympians							
am							
pm	WG 4:30-5:15		WG 4:30-5:15		WG 4:30-5:15		
Masters/Triathlon							
am							
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!