October 2 2009

Abbotsford Olympians Swim Club
Training Schedule 2009-2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Provincial am		5:45-7:30am WG Lang		5:45-7:30am WG Lang		5:15-7:30am WG Lang	
pm	3:30-5:00pm		3:30-5:00pm		3:30-5:00pm		
Regional							
am							
pm	3:30-5:00pm		3:30-5:00pm		3:30-5:00pm	8.15-9.30 WG Lang	
SI&C							
am							
pm	5:45-7:00pm		5:45-7:00pm		3:45-5:00pm		
Olympic Way							
am							
pm	4:45-5:45pm		4:45-5:45pm		4:45-5:45pm		
Jr. Olympians							
am							
pm	4:45-5:45pm		4:45-5:45pm		4:45-5:45pm		
Mini Olympians							
am							
pm	4:45-5:30pm		4:45-5:30pm		4:45-5:30pm		

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!