April 14/10		**Langley Olympians Swim Club**					
		Training Schedule July 2010					
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
National am	5:45-8:00		5:45-8:00		5:45-8:00	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		5:45-8:00	
pm	3:15-5:45		3:15-5:45		3:15-5:45		
Regional							
am						8:15-9:30	
pm	4:15-5:30pm		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	4:30-5:30		4:30-5:30		4:30-5:30		
Jr. Olympians							
am							
pm	4:30-5:30		4:30-5:30		4:30-5:30		
Mini Olympians							
am							
pm	4:30-5:15		4:30-5:15		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!							