

Olympian Swim Club  
 Training Schedule 2007-08 Season

<b>Top Age Group - North (Fountain Park)</b>						Michelle MacNeil
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Time</b>	4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	5:30-7:30am	4:00-6:00pm	10:00am - 12:00pm
<b>Lanes</b>	2 Lanes	3 Lanes	2 Lanes	3 Lanes	2 Lanes	4 lanes (NAIT) ALL TAG Workout
<b>Dryland</b>						

<b>Junior Age Group - North (Fountain Park)</b>						Maciek Zielnik
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>JAG 1</b>	4:00-5:30pm		4:00-5:30pm	4:00-5:30pm	4:00-5:30pm	10:00am - 12:00pm
<b>Lanes</b>	3 Lanes		3 Lanes	3 Lanes	3 Lanes	3/4 Lanes
<b>Dryland</b>						

<b>Olympian Way - North (Fountain Park)</b>						TBD
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>OW 1</b>	4:00-5:00pm	OFF	4:00-5:00pm	OFF	4:00-5:00pm	10:00am-11:00am
<b>OW 2</b>	5:00-6:00pm	OFF	5:00-6:00pm	OFF	5:00-6:00pm	10:00am-11:00am
<b>OW 3</b>	6:00-7:00pm	OFF	6:00-7:00pm	OFF	6:00-7:00pm	10:00am-11:00am
<b>Lanes</b>	2 lanes		2 lanes		2 lanes	4 lanes

<b>Junior Olympian Way - North (Fountain Park)</b>						Kevin Dennis
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>JOW 1</b>	OFF	4:00-5:00pm	OFF	4:00-5:00pm	OFF	11:00am-12:00pm
<b>JOW 2</b>		5:00-6:00pm		5:00-6:00pm		11:00am-12:00pm
<b>JOW 3</b>		6:00-7:00pm		6:00-7:00pm		11:00am-12:00pm
<b>Lanes</b>		2 lanes		2 lanes		3 Lanes

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<b>Top Age Group - South (Scona Pool)</b>						David Macdonald
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>AM Pool</b>				5:30-7:30am Scona		10:00-12:00pm NAIT
<b>PM Pool</b>	4:30-6:30pm Scona	4:30-6:30pm Scona	OFF	4:30-6:30pm Scona	4:30-6:30pm Scona	
<b>Dryland</b>	<b>15 minutes prior to every evening session</b>					

<b>Junior Age Group - South (Scona Pool)</b>						David Macdonald
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Time</b>	4:30-6:00pm	4:30-6:00pm		4:30-6:00pm	4:30-6:00pm	10:00-12:00pm
<b>Pool</b>	Scona	Scona		Scona	Scona	NAIT
<b>Dryland</b>	<b>15 minutes prior to every evening session</b>					

<b>Olympian Way - South (Scona Pool)</b>						TBD
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>OW 1</b>	5:30-6:30pm Scona	5:30-6:30pm Scona	OFF	OFF	5:30-6:30pm Scona	10:00-11:00am NAIT
<b>Dryland</b>	<b>15 minutes prior to every evening session</b>					

<b>Junior Olympian Way - South (Scona Pool)</b>						TBD
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>JOW 1</b>	5:30-6:30pm Scona	5:30-6:30pm Scona	OFF	OFF	5:30-6:30pm Scona	OFF
<b>Dryland</b>	<b>15 minutes prior to every evening session</b>					

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High Performance							Carl Simonson
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	OFF	5:30-7:30am	5:30-7:30am	5:30-7:30am	OFF	9:00-11:00am	OFF
<b>Pool</b>		Kinsmen	Kinsmen	Kinsmen		Kinsmen	
<b>Lanes</b>		3 lanes LC	3 lanes LC	3 lanes LC		3 lanes LC	
<b>PM</b>	3:00 - 5:00pm	3:00 - 5:00pm		3:00 - 5:00pm	3:00 - 5:00pm	3:00-5:00pm	
<b>Pool</b>	Kinsmen	Kinsmen		Kinsmen	Kinsmen	Kinsmen	
<b>Lanes</b>	3 lanes LC	6 lanes SC		6 lanes SC	3 lanes LC	6 lanes SC	
<b>Dryland</b>				<b>30 minutes following all evening workouts</b>			

Performance							Chris Nelson
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	OFF	5:30-7:30am	5:30-7:30am	5:30-7:30am	OFF	9:00-11:00am	OFF
<b>Pool</b>		Kinsmen	Kinsmen	Kinsmen		Kinsmen	
		2 lanes LC	2 lanes LC	2 lanes LC		2 lanes LC	
<b>PM</b>	5:00 - 7:00pm	5:00 - 7:00pm		5:00 - 7:00pm	5:00 - 7:00pm		
<b>Pool</b>	Kinsmen	Kinsmen		Kinsmen	Kinsmen		
<b>Lanes</b>	3 lanes LC	6 lanes SC		6 lanes SC	3 lanes LC		
<b>Dryland</b>				<b>30 minutes prior to all evening workouts</b>			

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<b>X Group</b>	David Macdonald					
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Time</b>	6:30-8:00pm	7:00-8:30pm	7:00-8:30pm	7:00-8:30pm	OFF	OFF
<b>Pool</b>	KSC	KSC	KSC	KSC		
<b>Lanes</b>	4 lanes	4 lanes	4 lanes	4 lanes		

\* All evening sessions 15mins of Dryland prior to posted times