



SUNGOD SWIM CLUB

2021-22 Training Schedule

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Performance	AM PM	3:45-6:00pm	5:15-7:30am 3:45-5:00pm (dry)	3:45-6:00pm	5:15-7:30am 3:45-5:00pm (dry)	3:45-6:00pm	6:45-9:00am, 9:45-10:00am (dry)
Senior Development	AM PM	3:45-6:00pm	5:15-7:30am 3:45-5:00pm (dry)	3:45-6:00pm	5:15-7:30am 3:45-5:00pm (dry)	3:45-6:00pm	6:45-9:00am, 9:45-10:00am (dry)
Junior Performance	AM PM	3:45-5:30pm	4:45-7:00pm	5:45-7:30am	4:45-7:00pm	5:45-7:30am	5:45-8:00am
Junior Development	AM PM	5:15-7:00pm		5:45-7:30am		5:15-7:00pm	5:45-8:00am
Novice Blue	AM PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	7:30-9:00am
Novice White	AM PM	5:45-7:00pm		5:45-7:00pm		5:45-7:00pm	
LTC: Blue	AM PM	4:00-5:15pm		4:00-5:15pm			
LTC: White	AM PM	5:30-6:45pm		5:30-6:45pm			
LTC: Intro (4-5pm) (Sessional)	AM PM					4:00-5:00pm	
LTC: Intro (5-6pm) (Sessional)	AM PM					5:00-6:00pm	
Regional Development (Mon/Wed)	AM PM	6:45-8:00pm		6:45-8:00pm			
Regional Development (Tues/Thurs)	PM		6:45-8:00pm		6:45-8:00pm		
Regional Development (Sat)	AM PM						7:45-9:00am

*This schedule is subject to change based on pool/coach time and availability.