



2025-2026 Masters Training Schedule – LONDON AREA

BGC = Boy's & Girl's Club Aquaplex CGAC = Canada Games Aquatic Centre ELCC = East Lions Community Centre WSRC = Western Student Recreation Centre	GREEN = SWIMMING BLUE = WATER POLO
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INTRO TO SWIM FOR ADULTS GROUP:

- A Fun Introductory Orientation to Swimming Skills
- Stroke Development
- Only 1 Practice A Week

Ages 16-99+ years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						11:00am-12:00pm @ CGAC	

MASTERS SWIMMING GROUPS (16-99+ years old):

- Keep Fit
- Stay Healthy
- Have Fun!

Available options:

- **Mornings ONLY** = 3 practices per week
- **Evenings ONLY** = 2 practices per week
- **Weekend ONLY** = 2 practices per week
- **Evenings + Weekends Only** = 4 practices per week
- **Mornings + Weekends Only** = 5 practices per week
- **Mornings + Evenings Only** = 5 practices per week
- **Mornings + Evenings + Weekends** = 7 practices per week

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM	6:00am-7:00am @ ELCC		6:00am-7:00am @ ELCC		6:00am-7:00am @ ELCC	10:00am-11:00am @ CGAC	9:30am-11:00am @ CGAC
PM	8:15pm-9:15pm @ BGCL			8:15pm-9:15pm @ BGCL			



MASTERS WATER POLO GROUP:

- Play Water Polo
- Keep Fit & Stay Healthy
- Have Fun!

Available options:

1. **1 Practice A Week ONLY** = (select the practice that you wish to attend)
2. **Wednesdays and Sundays**

Ages 16 years old or older:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM			6:30pm-7:30pm @ CGAC				5:30pm-7:00pm @ CGAC