



2025-2026 Swimming 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 BLACK = LIFESAVING SPORT
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INTRO TO SWIM FOR KIDS - GROUP #1:

[ONLY for athletes that have siblings in White & Green Groups]

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

Ages 5-15 years old:

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

INTRO TO SWIM FOR KIDS - GROUP #2:

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

Ages 5-15 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						12:00pm-1:00pm @ CGAC	

WHITE GROUP:

- A Fun Introductory Orientation to Swimming & Water Polo Skills
- Stroke Development

Ages 5-8 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						11:00am-12:00pm @ CGAC	
PM	7:15pm-8:15pm @ BGC		6:00pm-6:45pm @ CGAC	7:15pm-8:15pm @ BGC			5:30pm-7:00pm @ CGAC



GREEN GROUP:

- An Introduction to Competitive Swimming & Water Polo Skills
- Technical Stroke Improvement

Ages 8-10 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						11:00am-12:00pm @ CGAC	
PM	7:15pm-8:15pm @ BGC		6:00pm-6:45pm @ CGAC	7:15pm-8:15pm @ BGC			5:30pm-7:00pm @ CGAC

FULL REC SWIM GROUP (Evenings + Weekends):

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17¹ years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM		7:15pm-8:15pm @ BGC					5:30pm-7:00pm @ CGAC

REC SWIM WEEKENDS (Saturday & Sunday) GROUP:

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM							5:30pm-7:00pm @ CGAC



REC SWIM (TUESDAYS & SATURDAYS) GROUP:

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	
PM		7:15pm-8:15pm @ BGC					5:30pm-7:00pm @ CGAC

REC SWIM WEEKENDS (SATURDAY ONLY) GROUP:

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	
PM							5:30pm-7:00pm @ CGAC

REC SWIM EVENINGS ONLY GROUP:

- Keep Fit, Stay Healthy, Have Fun Swimming
- Improve Technical Skills & Stroke Enhancement

Ages 10-17 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
PM		7:15pm-8:15pm @ BGC					5:30pm-7:00pm @ CGAC



BLACK GROUP:

- Technical Swimming & Water Polo Skills
- Stroke Enhancement
- Introduction to Training & Racing

Ages 10-12 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM	7:15pm-8:15pm @ BGC	7:15pm-8:15pm @ BGC	6:30pm-7:30pm @ CGAC	7:15pm-8:15pm @ BGC			5:30pm-7:00pm @ CGAC 5:30pm-7:00pm @ CGAC

YOUTH GROUP:

- Refinement of Swimming & Water Polo Skills
- Enhanced Training & Stroke Mechanics
- Racing Improvement

Ages 12-13 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM	7:15pm-8:15pm @ BGC	7:15pm-8:15pm @ BGC	6:30pm-7:30pm @ CGAC	7:15pm-8:15pm @ BGC			5:30pm-7:00pm @ CGAC 5:30pm-7:00pm @ CGAC

SENIOR GROUP:

- Advanced Swimming & Water Polo Skills
- Mastery of Stroke Mechanics
- Performance Training & Racing

Ages 14-18 years old:

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM						6:30am-8:00am @ BGC	9:30am-11:00am @ CGAC
PM	7:15pm-8:15pm @ BGC	7:15pm-8:15pm @ BGC	6:30pm-7:30pm @ CGAC	7:15pm-8:15pm @ BGC			5:30pm-7:00pm @ CGAC or 5:30pm-7:00pm @ CGAC