



2025 Summer Swimming Training Schedule – July 3rd to August 14th

ELCC = East Lions Community Centre
CGAC = Canada Games Aquatic Centre

GREEN = SWIMMING

- Keep Fit
- Improve Your Technique
- Stay Healthy
- Have Fun!

Available options:

1. **Mornings ONLY** = 2 practices per week @ ELCC
 - Available to age group athletes over 14 years old & Masters athletes
2. **Evenings GROUP #1 ONLY** = 2 practices per week @ CGAC
 - Available to age group athletes over 8 years old & Masters athletes
3. **Evenings GROUP #2 ONLY** = 2 practices per week @ CGAC
 - Available to age group athletes over 11 years old & Masters athletes
4. **Mornings & Evenings GROUP #2** = 4 practices per week
 - Available to age group athletes over 14 years old & Masters athletes

	MON	TUE	WED	THURS	FRI	SAT	SUN
AM		6:00am-7:00am @ ELCC		6:00am-7:00am @ ELCC			
PM		Group #1 5:00pm-6:00pm @ CGAC + Group #2 6:00pm-7:00pm @ CGAC		Group #1 5:00pm-6:00pm @ CGAC + Group #2 6:00pm-7:00pm @ CGAC			