

Owen Sound Swimming

Fall - Winter 2025-26

Draft - Training Schedule update

Effective September 22nd, 2025

(Reduced schedules the week of Sept 8th and Sept 15th to be detailed prior to August 1st)

| Group       | Projected Swimmer Count | Monday                                | Tuesday                        | Wednesday                        | Thursday                           | Friday                           | Saturday                          |
|-------------|-------------------------|---------------------------------------|--------------------------------|----------------------------------|------------------------------------|----------------------------------|-----------------------------------|
| Comp Gold   |                         | 6-8am Swim                            | (##Select swim) 7-8am strength | 6-8am Swim                       | 6-7:45am Swim                      | 7-8am strength                   | 7:30-8:15am Dry<br>8:30-11am Swim |
|             |                         | 3:45-5:30pm Swim                      | 3:45-5:15pm Swim               | (##Select swim)                  | 3:45-5:15pm<br>Tech Invites        | 5:45-7:30pm Swim                 |                                   |
| Comp Silver |                         |                                       | 6-7:45am Swim                  | 7-8am<br>Y Strength              | 6-7:45am Swim                      | 6-7:45am Swim                    | 7:05-9am Swim<br>9:15-10am Dry    |
|             |                         | 3:45-5:30pm Swim                      |                                | 3:45-5:30pm Swim                 | 3:45-5:15pm<br>Tech Invites        |                                  |                                   |
| Comp Bronze |                         |                                       | 6-7:45am Swim                  | 7-8am<br>Strength Y              |                                    | 6-7:15am Swim<br>7:20-8am Dry    | 7:05-9am Swim<br>9:15-10am Dry    |
|             |                         | 3:45-5:15pm Swim                      |                                | 5:30-6:45pm Swim                 | 3:45-5:15pm<br>Tech Invites        |                                  |                                   |
|             |                         |                                       |                                |                                  |                                    |                                  |                                   |
| Waves       |                         | 5-5:15pm Deck Dry<br>5:15-6:45pm Swim |                                | 5-5:30pm Dry<br>5:30-6:45pm Swim |                                    | 6:30-7:10am Dry<br>7:15-8am Swim | 7:05-8:30am Swim                  |
| Tides       |                         | 515-530pm Deck Dry<br>530-645pm Swim  | 5:15-6:15pm swim               |                                  | 5-515pm Deck Dry<br>515-615pm Swim |                                  |                                   |
| Splash      |                         |                                       | 6:00-7:00pm                    |                                  | 6:00-7:00pm                        |                                  |                                   |
| Masters     |                         | 6-7am Swim                            | 7-8pm Swim                     | 6-7am Swim                       | 7-8pm Swim                         |                                  | Sunday<br>7:30-8:45am Swim        |