

Owen Sound Swimming

Winter - Spring

Training Schedule update

Effective February 2nd, 2026

Minor adjustment to Sunday morning Masters...all other groups - NO schedule Changes from the Fall

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 8:30-11am Swim
		3:45-5:30pm Swim	3:45-5:15pm Swim	(##Select swim)	3:45-5:15pm Tech Invites	5:45-7:30pm Swim	
Comp Silver			6-7:45am Swim	7-8am Y Strength	6-7:45am Swim	6-7:45am Swim	7:05-9am Swim 9:15-10am Dry
		3:45-5:30pm Swim		3:45-5:30pm Swim	3:45-5:15pm Tech Invites		
Comp Bronze			6-7:45am Swim	7-8am Strength Y		6-7:15am Swim 7:20-8am Dry	7:05-9am Swim 9:15-10am Dry
		3:45-5:15pm Swim		5:30-6:45pm Swim	3:45-5:15pm Tech Invites		
Waves		5-5:15pm Deck Dry 5:15-6:45pm Swim		5-5:30pm Deck Dry 5:30-6:45pm Swim		6:30-7:10am Dry 7:15-8am Swim	7:05-8:30am Swim
Tides		515-530pm Deck Dry 530-645pm Swim	5:15-6:15pm swim		5-515pm Deck Dry 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 7:15-8:30am Swim