

KWST

Training Schedule

2011-2012

Please note this schedule is tentative and subject to change.

* Weight Room practices for swimmers 13&O

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
COMPETITIVE						
Open						
swim pool	5:30 - 7:00 pm	7:00 - 8:30 pm	6:30 - 8:30 pm	5:45 - 7:30 pm	7:00 - 8:30pm	12:00 - 1:30 pm
weight room*	7:10 - 7: 50 pm			5:00 - 5:40 pm		
Development						
swim pool	5:30 - 7:00 pm	7: 00 - 8:30 pm		5:45 - 7:30 pm	7:00 - 8:30pm	12:00 - 1:30 pm
weight room*	7:10 - 7: 50 pm			5:00 - 5:40 pm		
Skills						
swim pool		7: 00 - 8:30 pm	6:30 - 8:00 pm		7:00 - 8:30pm	12:00 - 1:30 pm
Fundamentals						
swim pool		7: 00 - 8:30 pm	6:30 - 8:00 pm			12:00 - 1:30 pm
<u>NON - COMPETITIVE</u>						
Fundamentals Non- Competitive						
swim pool			6:30 - 7:30 pm	5:45 - 6:45 pm		12:30 - 1:30 pm
Fundamentals Non Competitive (8&U)						
swim pool			6:30 - 7:30 pm		7:00 - 8:00 pm	