

KWST

Training Schedule

2012-2013

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	6:00 - 7:30 pm	7:15 - 8:45 pm	6:30 - 8:00 pm	5:30 - 7:00 pm	7:00 - 8:30pm	12:00 - 1:30 pm
weight room*				4:45 - 5:25 pm		
Development						
swim pool	5:30 - 7:00 pm	7: 15 - 8:45 pm		5:30 - 7:00 pm	7:00 - 8:30pm	12:00 - 1:30 pm
weight room*				4:45 - 5:25 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 (8&U)						
swim pool			6:30 - 8:00 pm	5:30 - 7:00 pm		12:00 - 1:30 pm
Fundamentals Non-Competitive (6-7)						
swim pool			6:30 - 8:00 pm		7:00 - 8:30pm	