

# KWST

# Training Schedule

# 2013-2014

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>
<b>COMPETITIVE</b>						
<b>Open: 1 hour 30 minute practice</b>						
swim pool	6:30 - 8:00 pm	7:15 - 8:45 pm	6:00 - 7:30 pm	5:30 - 7:00 pm	7:00 - 8:30pm	12:00 - 1:30 pm
weight room*		6:30 - 7:05 pm		7:05 - 7:40 pm		
<b>Development</b>						
swim pool	6:30 - 8:00 pm	7: 15 - 8:45 pm		5:30 - 7:00 pm	7:00 - 8:30pm	12:00 - 1:30 pm
weight room*		6:30 - 7:05 pm		7:05 - 7:40 pm		
<b>Skills</b>						
swim pool		7: 15 - 8:45 pm	6:00 - 7:30 pm		7:00 - 8:30pm	12:00 - 1:30 pm
<b>Fundamentals</b>						
swim pool		7: 15 - 8:45 pm	6:00 - 7:30 pm			12:00 - 1:30 pm
<b><u>NON - COMPETITIVE</u> *</b>						
<b>Fundamentals Non- Competitive (7-9): 60 minute practice</b>						
swim pool	6:00 - 7:00 pm		5:15 - 6:15 pm		6:30 - 7:30 pm	
<b>Fundamentals Non Competitive (7&amp;U): 45 minute practice</b>						
swim pool	6:00 - 6:45 pm		5:15 - 6:00 pm		6:30 - 7:15 pm	

\* if you are unable to come on these days you are allowed to come at any other day during the week