

**West Vancouver Otters Swim Club**  
**2023-2024 Training Schedule**

Updated: 2023-09-16

								Total per week			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Hrs of swimming	Hrs of Dryland + Gym	Total Hrs
NATIONAL	AM		S: 5:45-7:30 am		S: 5:45-7:30 am		S: 6:00-8:00 am		15	3	18
	PM		S: 5:00-7:00 pm	S: 3:30-5:30 pm	S: 5:00-7:00 pm	D: 3:45-4:45 pm		VAC-S: 4:00-6:00 pm			
				L10: 6:15-7:15 pm		S: 5:00-6:30 pm					
YOUTH	AM		S: 5:45-7:30 am		S: 5:45-7:30 am		S: 6:00-8:00 am		13	3	16
	PM		S: 5:00-7:00 pm	S: 3:30-5:30 pm		D: 3:45-4:45 pm		VAC-S: 4:00-6:00 pm			
				L10: 6:15-7:15 pm		S: 5:00-6:30 pm					
PROVINCIAL	AM				S: 5:45-7:30 am		S: 6:00-8:00 am		11.25	3	14.25
	PM	S: 3:30-5:00 pm		S: 3:30-5:00 pm	S: 3:30-5:00 pm	S: 3:30-5:00 pm		D: 5:00-6:00 pm VAC-S: 6:00-7:30 pm			
				L10: 6:15-7:15 pm							
AA	AM						S: 6:00-8:00 am		7.5	1	8.5
	PM	S: 3:30-5:00 pm		S: 5:30-7:00 pm	S: 6:00-7:00 pm			D: 5:00-6:00 pm VAC-S: 6:00-7:30 pm			
Youth Development (YDG)	AM					S: 6:00-7:30 am			4	0	4
	PM		S: 3:30-4:30 pm					S: 4:30-6:00 pm			
LMR RED	AM	S: 6:00-7:30 am							6	2	8
	PM		D: 5:30-6:00 pm		D: 4:30-5:00 pm		D: 3:30-4:30 pm				
			S: 6:00-7:00 pm		S: 5:00-6:00 pm - Norman	S: 6:30-7:30 pm	S: 4:30-6:00 pm				
LMR GOLD	AM	S: 6:00-7:30 am							6	2	8
	PM		D: 4:30-5:00 pm		D: 5:30-6:00 pm		D: 3:30-4:30 pm				
			S: 5:00-6:00 pm		S: 6:00-7:00 pm	S: 5:30-6:30 pm - Norman	S: 4:30-6:00 pm				
Otters Group (OG)	AM						S: 8:00-9:00 am		5	2	7
	PM	D: 5:00-5:30 pm	S: 3:30-5:00 pm			D: 6:00-6:30 pm					
		S: 5:30-7:00 pm	D: 5:00-6:00 pm			S: 6:30-7:30 pm					
OSA	B	D: 5:00-5:30 pm S: 5:30-7:00 pm		D: 4:30-5:00 pm S: 5:00-6:00 pm		D: 4:00-4:30 pm S: 4:30-5:30 pm			3.5	1.5	5
	O	D: 4:00-4:30 pm S: 4:30-5:30 pm				D: 3:00-3:30 pm S: 3:30-4:30 pm	S: 7:00-8:00 am D: 8:00-8:30 am				
	S	D: 4:00-4:30 pm S: 4:30-5:30 pm				D: 3:00-3:30 pm S: 3:30-4:30 pm	D: 3:00-8:00 am D: 8:00-8:30 am		3	1.5	4.5
	W	D: 3:00-3:30 pm S: 3:30-4:30 pm		D: 5:30-6:00 pm S: 6:00-7:00 pm			S: 7:00-8:00 am D: 8:00-8:30 am		3	1.5	4.5
	SH	D: 3:00-3:30 pm S: 3:30-4:30 pm		D: 5:30-6:00 pm S: 6:00-7:00 pm			S: 8:00-9:00 am		3	1	4
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			

OSA Groups

B	Belugas
O	Orcas
S	Sharks
W	Whales
SH	Seahorses

Notes

D = Dryland - Coaches will inform swimmers of any equipment/clothing that they will need for dryland  
S = Swim  
L10 = Level 10 Fitness  
VAC = Vancouver Aquatic Centre  
All practices will be at West Vancouver Aquatic Centre (WVAC) unless otherwise stated.