



Saskatoon Goldfins Swim Club

National Christmas Training Schedule

Last day of regular training is Dec 20th

Wednesday Dec 21 st	Thursday Dec 22 nd	Friday Dec 23 rd	Saturday Dec 24 th
9am-12:30pm Swim then Gymnasium	8-11am Swim then Weight Room	8-11am Swim then Gymnasium	8- 10:30am Swim
	3-6pm Classroom then Swim	4-6pm Swim	

Wednesday Dec 28 th	Thursday Dec 29 th	Friday Dec 30 th	Saturday Dec 31 st
9am-12:30pm Swim then Gymnasium	8-11am Swim then Weight Room	8-11am Swim then Gymnasium	8- 10:30am Swim
	3-6pm Classroom then Swim	4-6pm Swim	

Monday Jan 2 nd	Tuesday Jan 3 rd
8-11am Swim then Weight Room	8-11am Swim then Gymnasium
3-6pm Classroom then Swim	4-6pm Swim

Regular training resumes on Jan 4th