

**Sault Ste Marie Aquatic Club
Training Schedule 2009-10**

Level 1 Program							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Workouts	6:30-7:30 DL**	6:00-7:30		6:00-7:30	6:30-7:30 DL**	7:00-9:00	OFF
Afternoon Workouts	4:15-5:45	4:15-5:45	4:15-5:45	4:15-5:45	4:15-5:45		
Level 2 Program							
Morning Workouts	6:30-7:30 DL**	6:00-7:30	6:00-7:30		6:30-7:30 DL**	7:00-9:00	OFF
Afternoon Workouts	4:15-5:45		4:15-5:45	4:15-5:45			
Level 3 Program							
Morning Workouts			6:00-7:30		6:30-7:30 DL**	7:00-9:00	OFF
Afternoon Workouts	4:15-5:45			4:15-5:45			
Level 4 Program							
Afternoon Workouts		4:15-5:45		6:00-7:30		4:15-5:45	OFF
Level 5 Program							
Afternoon Workouts		4:30-5:30	4:30-5:30		4:15-5:45		
FIT-Training							
Morning Workouts		6:00-7:30	6:00-7:30	6:00-7:30			
FIT-Adult (Masters Morning Workouts		6:00-7:30	6:00-7:30	6:00-7:30			OFF

DL** Dryland to commence late October 2009