

2021 -2022 SMS Training Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|------------------|---|
| Gold 1 min 6/wk | 3:30-5:00pm (LP) 5:15-6:15pm (TR) | 5:15-7:15am (LP) 4:00-6:00pm (GB) | 5:15-6:15pm (TR) | 5:15-7:15am (LP) 7:00-9:00pm (CB) | 3:30-5:00pm (LP) | 9:00-10:00am (TR) 10:00-12:00pm (LP) |
| Gold 2 min 4/wk | 5:15-6:15pm (TR) | 5:15-7:15am (LP) 4:00-6:00pm (GB) | 3:30-5:00pm (LP) 5:15-6:15pm (TR) | 5:15-7:15am (LP) 7:00-9:00pm (CB) | 3:30-5:00pm (LP) | 9:00-10:00am (TR) 10:00-12:00pm (LP) |
| Silver min 3/wk | 3:30-4:30pm (GB) 5:15-6:15pm (TR) | 6:00-7:15am (LP) 4:30-5:30pm (LP) | 5:15-6:15pm (TR) | 6:00-7:15am (LP) 4:30-5:30pm (LP) | | 9:00-10:00am (TR) 12:00-1:00pm (LP) |
| Bronze 1 min 2/wk | 3:30-4:30pm (GB) 5:15-6:15pm (TR) | 4:30-5:30pm (LP) | 5:15-6:15pm (TR) | 4:30-5:30pm (LP) | | 9:00-10:00am (TR) 12:00-1:00pm (LP) |
| Bronze 2 min 2/wk | 3:30-4:30pm (GB) 5:15-6:15pm (TR) | 3:30-4:30pm (LP) | 5:15-6:15pm (TR) | 3:30-4:30pm (LP) | | 9:00-10:00am (TR) 12:00-1:00pm (LP) |
| Bronze 3a min 2/wk | 3:30-4:30pm (GB) 5:15-6:15pm (TR) | 2:45-3:30pm (LP) | 5:15-6:15pm (TR) | | 3:00-4:00pm (LP) | 9:00-10:00am (TR) 12:00-1:00pm (LP) |
| Bronze 3b min 2/wk | 3:30-4:30pm (GB) 5:15-6:15pm (TR) | | 2:45-3:30pm (LP) 5:15-6:15pm (TR) | | 3:00-4:00pm (LP) | 9:00-10:00am (TR) 12:00-1:00pm (LP) |
| Development | 3:30-4:30pm (GB) 5:15-6:15pm (TR) | 6:00-7:15am (LP) 3:30-6:00pm (GB) | 5:15-6:15pm (TR) | 6:00-7:15am (LP) | | 9:00-10:00am (TR) 12:00-1:00pm (LP) |

LP = Lions Pool

GB = Gov's Beach
includes circuits

TR = Track Area

CB = Camana Bay
Pool