



Ontario Swim Academy 2024/25

OSA Regular Training Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	OFF	5:10 - 7:30 AM	5:10 - 7:30 AM	5:10 - 7:30 AM	5:10 - 7:30AM	5:10 – 7:30 AM	8:30 - 11:30 AM
PM	OFF	3:30 - 6:00 PM	OFF	3:30 - 6:00 PM	OFF	3:30 – 6:00 PM	OFF

❖ S&C will be done in the CSIO weight room with Meena Sharif on Mon, Wed & Fri 6:15 to 7:15 pm in addition to the above pool schedule