



**EDMONTON
KEYANO
SWIM CLUB**

2024-25 Performance Program Training Schedule



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National Groups start week of Sep 9; Provincial Groups start week of Sep 16
Start-up schedule will be posted early September; Full schedule to start after Thanksgiving
All Practices at the Kinsmen Sport Centre unless otherwise noted (BD = Bonnie Doon, DW = Don Wheaton YMCA)

SENIOR NATIONAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE	5:45-7:30am	5:30-7:30am (UA flex)		5:30-7:30am (UA flex)	5:45-7:30am	7:00-9:00am	
PM PRACTICE	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm		
DRYLAND		2:00-3:00pm or 5:00-6:00pm		2:00-3:00pm or 5:00-6:00pm		9:00-10:00am	

JUNIOR NATIONAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE			5:45-7:30am	5:45-7:30am		7:00-9:00am	
PM PRACTICE	5:00-6:45pm	5:00-7:00pm		4:30-6:30pm	5:00-7:00pm		
DRYLAND	4:00-5:00pm	4:00-5:00pm		4:00-4:30pm	4:00-5:00pm	9:00-10:00am	

SENIOR PROVINCIAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE		5:30-7:30am Kin				11:00-1:00pm	
PM PRACTICE	6:30-8:00pm		6:30-8:00pm Kin	5:30-7:00pm BD	6:30-8:00pm		
DRYLAND		(Weightroom 5:30-6:30am)	6:00-6:30pm			10:00-11:00am	

JUNIOR PROVINCIAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE	5:45-7:30am		5:45-7:30am			7:00-9:00am DW	
PM PRACTICE		5:00-6:30pm		5:00-6:30pm	5:00-6:30pm		
DRYLAND		4:30-5:00pm		4:30-5:00pm	4:30-5:00pm		