



2021-22 Performance Group Training Schedules



Swimmers should arrive on deck 15min prior to practice times for activation
 All sessions at the Kinsmen Sports Centre unless otherwise noted (YMCA = Don Wheaton)
 * September Start-up, Christmas and Summer schedules will vary; schedules to be sent separately.

Senior National

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Swim	5:45-7:30am (Tier 1, UofA)		5:45-7:30am (Tier 2)		5:45-7:30am (All Sr Nat)	7:00-9:00am	
PM Dryland 1		2:00-3:00pm		2:00-3:00pm		9:00-10:00am	
PM Swim	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm		
PM Dryland 2	5:00-6:00pm		5:00-6:00pm		5:00-6:00pm		

Junior National

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Swim		5:45-7:30am	5:45-7:30am			7:00-9:00am	
PM Dryland	4:15-5:00pm	3:45-4:30pm		3:45-4:30pm	4:15-5:00pm	9:00-10:00am	
PM Swim	5:00-6:45pm	4:30-6:30pm		4:30-6:30pm	5:00-6:45pm		

Senior Provincial

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Swim			5:45-7:30am				
PM Dryland	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm	6:00-6:30pm		
PM Swim	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm	6:30-8:00pm		

Junior Provincial

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Swim	5:45-7:30am			5:45-7:30am		7:00-9:00am (at YMCA)	
PM Dryland			4:00-4:30pm		4:15-5:00pm		
PM Swim		5:00-6:30pm (at YMCA)	4:30-6:15pm		5:00-6:30pm		