



2020-2021 SEPTEMBER TENTATIVE TRAINING SCHEDULE

HIGH PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					8:15-9:00am (DL)	7:00-7:30am (Act)
					9:15-11:00am (Swim)	7:30-9:30 (Swim)
					KINS SCM	KINS SCM
		1:45-2:00pm (Act)				
	3:45-4:00pm (Act)	2:00-4:00pm (Swim)	2:45-3:00pm (Act)	3:45-4:00pm (Act)		
	4:00-6:00pm (Swim)	4:15-5:00pm (DL)	3:00-5:00pm (Swim)	4:00-6:00pm (Swim)		
	Fountain Park	U of A (WEST)	U of A (WEST)	Fountain Park		

PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:00-9:45am (DL)	
					10-12:00pm (Swim)	
					Fountain Park	
5:30-6:30pm (DL)	4:45-5:00pm (Act)	3:45-4:00pm (Act)		4:45-5:00pm (Act)		
6:45-8:15pm (Swim)	5:00-7:00pm (Swim)	4:00-6:00pm (Swim)		5:00-7:00pm (Swim)		
KINS SCM	U of A (WEST)	Fountain Park		U of A (WEST)		

SENIOR

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					8:15-9:00am (DL)	
					9:15-10:30am (Swim)	
					KINS SCM	
4:00-4:45pm (DL)	4:45-5:00pm (Act)	4:45-5:00pm (Act)		3:45-4:00pm (Act)		
5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)		4:00-5:30pm (Swim)		
U of A (WEST)	U of A (WEST)	U of A (WEST)		Fountain Park		

PERFORMANCE X

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:00-9:45am (DL)	
					10-12:00pm (Swim)	
					Fountain Park	
4:45-5:00pm (Act)	3:45-4:00pm (Act)		4:00-4:45pm (DL)	4:45-5:00pm (Act)		
5:00-7:00pm (Swim)	4:00-5:30pm (Swim)		5:00-7:00pm (Swim)	5:00-7:00pm (Swim)		
U of A (WEST)	Fountain Park		U of A (WEST)	U of A (WEST)		

AGE GROUP PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:45-4:00pm (Act)	3:45-4:00pm (Act)	4:00-4:45pm (DL)	4:00-4:45pm (DL)	3:45-4:00pm (Act)		
4:00-6:00pm (Swim)	4:00-5:30pm (Swim)	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	4:00-6:00pm (Swim)		
Fountain Park	G-MAC	U of A (WEST)	U of A (WEST)	G-MAC		

*Highlighted Material are unconfirmed times. Updated times will be communicated once they are confirmed.

Legend

KINSMEN - Kinsmen Sports Centre
 G-MAC - Grant Macewan Pool
 U of A - University of Alberta Pool
 FOUNTAIN PARK - Fountain Park Pool (St. Albert)

DL – Dryland Training
 Act - Activation
 LIFT - Weight Room Training