



HP / Performance / AGP

2022-2023 Fall Schedule - Version 3 (Sept 7, 2022)

High Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30-7:30am (Swim)		5:30-7:30am (Swim)		7:45-8:00am (Arrival)	7:00-7:15am (ACT)
	UofA WEST SCM		**UofA WEST SCM**		8:00-9:00am (DL)	7:15-9:15am (Swim)
					9:00-11:00am (Swim)	9:30-10:30am (LIFT)
		3:15-3:30pm (Arrival)		3:15-3:30pm (Arrival)	Kinsmen DSM LC	Kinsmen DSM LC
	3:15-3:30pm (ACT)	3:30-5:30pm (Swim)	4:45-5:00pm (ACT)	3:30-4:30pm (LIFT)		
	3:30-5:30pm (Swim)	5:30-6:30pm (LIFT)	5:00-7:00pm (Swim)	4:30-6:30pm (Swim)		
	Kinsmen DSM SCM	Kinsmen DSM SCM	UofA WEST SCM	Kinsmen DSM LC		

Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			5:30-7:30am (Swim)		8:45-9:00am (ACT)	7:00-7:15am (ACT)
			UofA WEST SCM		9:00-11:00am (Swim)	7:15-9:15am (Swim)
					11:15-12:15pm (LIFT)	9:30-10:30am (DL)
		3:45-4:00pm (Arrival)	3:15-3:30pm (ACT)		Kinsmen DSM LC	Kinsmen DSM LC
	4:45-5:00pm (ACT)	4:00-5:00pm (DL)	3:30-5:30pm (Swim)	4:45-5:00pm (ACT)		
	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	5:30-6:30pm (LIFT/DL)	5:00-7:00pm (Swim)		
	UofA WEST SCM	UofA WEST SCM	Kinsmen DSM SCM	UofA EAST SCY		

AGP

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30-5:45am (ACT)				8:45-9:00am (ACT)	
	5:45-7:30am (Swim)				9:00-11:00am (Swim)	
4:15-4:30pm (ACT)	Kinsmen DSM SCM	3:45-4:00pm (Arrival)			11:15-12:15pm (DL)	
4:30-6:30pm (Swim)		4:00-5:00pm (DL)	4:45-5:00pm (ACT)	4:45-5:00pm (ACT)	Kinsmen TP LC	
6:30-7:15pm (DL)		5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)		
Kinsmen DSM LC		UofA EAST SCY	UofA EAST SCY	UofA WEST SCM		

Legend

****HP/P Tuesday/Thursday early mornings will start on October 4th, 2022****

Kinsmen DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)

Kinsmen TP - Kinsmen Sports Centre (Training Pool)

UofA WEST - University of Alberta West Training Pool

UofA EAST - University of Alberta East Training Pool

Arrival - Time frame to arrive before training

ACT - Activation on deck

DL - Dryland Training

LIFT - Weight Room Training

Swim - Swim Training