



HP / Performance / AGP

2023-2024 Fall Schedule - October 10th to December 30th

September 19th, 2023

High Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30am to 7:30am Swim		5:30am to 7:30am Swim		8:00am to 9:00am DL	
	UofA WEST SCM		UofA WEST SCM		9:00am to 11:00am Swim	
					Kinsmen DSM SCM	
		3:15pm to 3:30pm ACT				
3:30pm to 4:30pm LIFT	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim	4:45pm to 5:00pm ACT	3:30pm to 4:30pm LIFT		
4:30pm to 6:30pm Swim	3:30pm to 5:30pm Swim	5:30pm to 6:30pm DL	5:00pm to 7:00pm Swim	4:30pm to 6:30pm Swim		
Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM SCM	UofA WEST SCM	Kinsmen DSM SCM		

Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am to 5:45am ACT			5:30am to 5:45am ACT		8:00am to 9:00am DL	
5:45am to 7:30am			5:45am to 7:30am		9:00am to 11:00am Swim	
Kinsmen DSM SCM			Kinsmen DSM SCM		Kinsmen DSM SCM	
			3:15pm to 3:30pm ACT			
	4:00pm to 5:00pm LIFT	4:45pm to 5:00pm ACT	3:30pm to 5:30pm Swim	4:45pm to 5:00pm ACT		
	5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim	5:30pm to 6:30pm LIFT	5:00pm to 7:00pm Swim		
	Kinsmen TP SCM	Kinsmen TP SCM	Kinsmen DSM SCM	Kinsmen TP SCM		

AGP

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30am to 5:45am ACT		5:30am to 5:45am ACT		8:00am to 9:00am DL	
	5:45am to 7:30am Swim		5:45am to 7:30am Swim		9:00am to 11:00am Swim	
	Kinsmen DSM SCM		Kinsmen TP SCM		Kinsmen DSM SCM	
4:00pm to 5:00pm DL		4:00pm to 5:00pm DL		4:45pm to 5:00pm ACT		
5:00pm to 7:00pm		5:00pm to 7:00pm Swim		5:00pm to 7:00pm Swim		
Kinsmen TP SCM		UofA West SCM		UofA West SCM		

Legend

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
 ACT - Activation on deck
 DL - Dryland Training
 LIFT - Weight Room Training
 Swim - Swim Training