



HP / Performance / AGP

2023-2024 Fall Schedule - September 11th to October 9th

August 14th, 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	7:00am to 7:15am ACT
	UofA WEST SCM		UofA WEST SCM		9:00am to 11:00am Swim	7:15am to 9:15am Swim
	Start Oct 3rd		Start Oct 5th		Kinsmen DSM SCM	Kinsmen DSM SCM
	3:15pm to 3:30pm ACT	2:45pm to 3:00pm ACT	4:45pm to 5:00pm ACT	3:30pm to 4:30pm DL		
	3:30pm to 5:30pm Swim	3:00pm to 5:00pm Swim	5:00pm to 7:00pm Swim	4:30pm to 6:30pm Swim		
	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			8:00am to 9:00am DL	
		5:45am to 7:30am Swim			9:00am to 11:00am Swim	
		Kinsmen DSM SCM			Kinsmen DSM SCM	
		Start Sept. 20th				
	4:00pm to 5:00pm DL		3:15pm to 3:30pm ACT	4:45pm to 5:00pm ACT		
	5:00pm to 7:00pm Swim		3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim		
	UofA West SCM		Kinsmen DSM SCM	UofA West SCM		

AGP

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