



HP / Performance / AGP

2023-2024 OSC Schedule - April 29th to June 30th

April 5th, 2024

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
					Kinsmen DSM LCM	Kinsmen DSM LCM
		3:15pm to 3:30pm ACT				
	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	4:00pm to 5:00pm LIFT		
	3:30pm to 5:30pm Swim	5:30pm to 6:30pm LIFT	3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim		
	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM LCM		

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 Swim			5:45am to 7:30am Swim	9:00am to 11:00am Swim	
	Kinsmen DSM SCM			Kinsmen TP LCM	Kinsmen DSM LCM	
4:00pm to 5:00pm LIFT	3:15pm to 3:30pm ACT	4:45pm to 5:00pm ACT	4:00pm to 5:00pm LIFT			
5:00pm to 7:00pm Swim	3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim			
Kinsmen DSM LCM	Kinsmen TP SCM	Kinsmen TP SCM	Kinsmen TP SCM			

AGP

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:30am to 5:45am ACT		5:45am to 6:00am ACT	8:00am to 9:00am DL	
		5:45am to 7:30am Swim		6:00am to 7:30am Swim	9:00am to 11:00am Swim	
		Kinsmen DSM SCM		MacEwan SCM	Kinsmen DSM LCM	
4:00pm to 5:00pm DL	4:00pm to 5:00pm DL		3:45pm to 4:00pm ACT			
5:00pm to 7:00pm	5:00pm to 7:00pm Swim		4:00pm to 6:00pm Swim			
Kinsmen TP SCM	Kinsmen TP SCM		MacEwan 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
- MacEwan - MacEwan University Pool
- ACT - Activation on deck
- DL - Dryland Training
- LIFT - Weight Room Training
- Swim - Swim Training