



# HP / Performance / AGP

## 2023-2024 OSC Schedule - July 8th to 28th

April 17th, 2024

### High Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:45am to 8:00am ACT	5:45am to 6:00am ACT		5:45am to 6:00am ACT	7:45am to 8:00am ACT	8:00am to 9:00am DL	
8:00am to 10:00am Swim	6:00am to 8:00am Swim		6:00am to 8:00am Swim	8:00am to 10:00am Swim	9:00am to 11:00am Swim	
10:00am to 11:00am LIFT	Kinsmen DSM 4 LC		Kinsmen DSM 4 LC	10:00am to 11:00am LIFT	Kinsmen DSM 3 LC	
Kinsmen DSM 4 LC				Kinsmen DSM 4 LC		
	3:45pm to 4:00pm ACT	3:45pm to 4:00pm ACT	3:45pm to 4:00pm ACT			
	4:00pm to 6:00pm Swim	4:00pm to 6:00pm Swim	4:00pm to 6:00pm Swim			
	Kinsmen DSM 4 LC	Kinsmen DSM 4 LC	Kinsmen DSM 4 LC			

### Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:45am to 6:00am ACT	7:45am to 8:00am ACT	5:45am to 6:00am ACT		8:00am to 9:00am DL	
	6:00am to 8:00am Swim	8:00am to 10:00am Swim	6:00am to 8:00am Swim		9:00am to 11:00am Swim	
	8:00am to 9:00am LIFT	Kinsmen DSM 4 LC	8:00am to 9:00am LIFT		Kinsmen DSM 3 LC	
	Kinsmen DSM 3 LC		Kinsmen DSM 3 LC			
3:45pm to 4:00pm ACT			3:45pm to 4:00pm ACT	3:45pm to 4:00pm ACT		
4:00pm to 6:00pm Swim			4:00pm to 6:00pm Swim	4:00pm to 6:00pm Swim		
Kinsmen DSM 4 LC			Kinsmen TP 6 SC	Kinsmen DSM 4 LC		

### AGP

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

### 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