



HP / Performance / AGP

2023-2024 OSC Schedule - January 8th to April 30th

December 12th, 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
					Kinsmen DSM LCM	Kinsmen DSM LCM
		3:15pm to 3:30pm ACT				
	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim	4:45pm to 5:00pm ACT	3:30pm to 4:30pm LIFT		
	3:30pm to 5:30pm Swim	5:30pm to 6:30pm LIFT	5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim		
	Kinsmen DSM SCM	Kinsmen DSM SCM	UofA WEST 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	
			3:15pm to 3:30pm ACT			
4:45pm to 5:00pm ACT	4:00pm to 5:00pm LIFT	4:45pm to 5:00pm ACT	3:30pm to 5:30pm Swim			
5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim	5:30pm to 6:30pm LIFT			
Kinsmen DSM LCM	Kinsmen TP SCM	Kinsmen TP SCM	Kinsmen DSM 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 DSM SCM		Kinsmen DSM LCM	
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