



2020-2021 March 29th - April 26th Schedule

HIGH PERFORMANCE A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00am (Arrival)				9:05-9:15am (Arrival)	
	6:00-7:30am (Swim)				9:15-11:15am (Swim)	
	Kinsmen (DSM)				Kinsmen (DSM)	
2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)		
3:00-4:00pm (Swim)	3:00-4:00pm (Swim)	3:00-3:45pm (Swim)	3:00-4:00pm (Swim)	3:00-4:00pm (Swim)		
UofA WEST Pool	UofA WEST Pool	Kinsmen (DSM)	UofA WEST Pool	UofA WEST Pool		

HIGH PERFORMANCE B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00am (Arrival)				9:05-9:15am (Arrival)	
	6:00-7:30am (Swim)				9:15-11:15am (Swim)	
	Kinsmen (DSM)				Kinsmen (DSM)	
2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)	3:35-3:45pm (Arrival)	2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)		
3:00-4:00pm (Swim)	3:00-4:00pm (Swim)	3:45-4:30pm (Swim)	3:00-4:00pm (Swim)	3:00-4:00pm (Swim)		
UofA WEST Pool	UofA WEST Pool	Kinsmen (DSM)	UofA WEST Pool	UofA WEST Pool		

PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:05-9:15am (Arrival)	
					9:15-11:15am (Swim)	
					UofA EAST Pool	
5:50-6:00pm (Arrival)	5:50-6:00pm (Arrival)	5:50-6:00pm (Arrival)	5:50-6:00pm (Arrival)	5:50-6:00pm (Arrival)		
6:00-7:00pm (Swim)	6:00-7:00pm (Swim)	6:00-7:00pm (Swim)	6:00-7:00pm (Swim)	6:00-7:00pm (Swim)		
UofA WEST Pool	UofA WEST Pool	UofA WEST Pool	UofA WEST Pool	UofA WEST Pool		

PERFORMANCE X

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:50-6:00am (Arrival)			9:05-9:15am (Arrival)	
		6:00-7:30am (Swim)			9:15-11:15am (Swim)	
		Kinsmen (T.P)			Kinsmen (T.P)	
4:35-4:45pm (Arrival)		Online Google Meet	4:20-4:30pm (Arrival)			
4:45-6:30pm (Swim)		4:00-5:00pm (Dryland)	4:30-6:15pm (Swim)			
Kinsmen (DSM)		Online	Kinsmen (DSM)			

AGP A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:50-6:00am (Arrival)			9:05-9:15am (Arrival)	
		6:00-7:30am (Swim)			9:15-10:15am (Swim)	
		Kinsmen (T.P)			Kinsmen (DSM)	
	4:20-4:30pm (Arrival)	Online Google Meet	3:50-4:00pm (Arrival)	4:20-4:30pm (Arrival)		
	4:30-5:30pm (Swim)	4:00-5:00pm (Dryland)	4:00-5:00pm (Swim)	4:30-5:30pm (Swim)		
	Kinsmen (DSM)	Online	UofA EAST Pool	Kinsmen (DSM)		

AGP B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:50-6:00am (Arrival)			10:05-10:15am (Arrival)	
		6:00-7:30am (Swim)			10:15-11:15am (Swim)	
		Kinsmen (T.P)			Kinsmen (DSM)	
	5:20-5:30pm (Arrival)	Online Google Meet	3:50-4:00pm (Arrival)	5:20-5:30pm (Arrival)		
	5:30-6:30pm (Swim)	4:00-5:00pm (Dryland)	4:00-5:00pm (Swim)	5:30-6:30pm (Swim)		
	Kinsmen (DSM)	Online	UofA EAST Pool	Kinsmen (DSM)		

U of A POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)	11:05-11:15am (Arrival)	
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)	11:15-12:45pm (Swim)	
U of A EAST Pool		U of A EAST Pool	Online	U of A EAST Pool	U of A EAST Pool	

OW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:50-6:00pm (Arrival)		5:50-6:00pm (Arrival)	Online Google Meet	5:50-6:00pm (Arrival)		
6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	6:15-7:15pm (Dryland)	6:00-7:00pm (Swim)		
U of A EAST Pool		U of A EAST Pool	Online	U of A EAST Pool		

JOW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)			
	U of A EAST Pool	Online	U of A EAST Pool			

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)			
	U of A EAST Pool	Online	U of A EAST Pool			

FOUNTAIN PARK POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:20-9:30am (Arrival)	
					9:30-11:00am (Swim)	
					Fountain Park Pool	
3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)	Online Google Meet	3:50-4:00pm (Arrival)		
4:00-5:00pm (Swim)		4:00-5:00pm (Swim)	5:00-6:00pm (Dryland)	4:00-5:00pm (Swim)		
Fountain Park Pool		Fountain Park Pool	Online	Fountain Park Pool		

OW A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)		
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	6:15-7:15pm (Dryland)	5:00-6:00pm (Swim)		
Fountain Park Pool		Fountain Park Pool	Online	Fountain Park Pool		

OW B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)		
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	6:15-7:15pm (Dryland)	5:00-6:00pm (Swim)		
Fountain Park Pool		Fountain Park Pool	Online	Fountain Park Pool		

JOW/JD A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:50-5:00pm (Arrival)	Online Google Meet	4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)	5:00-6:00pm (Dryland)	5:00-6:00pm (Swim)			
	Fountain Park Pool	Online	Fountain Park Pool			

JOW/JD B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)	Online Google Meet	5:50-6:00pm (Arrival)			
	6:00-7:00pm (Swim)	5:00-6:00pm (Dryland)	6:00-7:00pm (Swim)			
	Fountain Park Pool	Online	Fountain Park Pool			

Legend

KINSMEN - Kinsmen Sports Centre

U of A WEST - Main Competition Pool (North of the Butterdome)

U of A EAST - By the Campus Gym (East of Butterdome)

DL – Dryland Training

Arrival - Time frame to arrive before practice