



# 2020-2021 February 16th-27th Schedule

## HIGH PERFORMANCE A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:05-9:15am (Arrival)	
					9:15-11:15am (Swim)	
					Kinsmen (DSM)	
2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)	2:20-2:30pm (Arrival)	2:50-3:00pm (Arrival)	2:50-3:00pm (Arrival)		
3:00-4:00pm (Swim)	3:00-4:00pm (Swim)	2:30-3:30pm (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		

## HIGH PERFORMANCE B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:05-9:15am (Arrival)	
					9:15-11:15am (Swim)	
					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)	
					9:15-10:15am (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
					9:05-9:15am (Arrival)	
					9:15-11:15am (Swim)	
					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 (Online)	4:30-6:15pm (Swim)			
Kinsmen (DSM)		Dryland	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)	
	KINS (DSM)				Kinsmen (DSM)	
	4:20-4:30pm (Arrival)	Online Google Meet		4:20-4:30pm (Arrival)		
	4:30-5:15pm (Swim)	4:00-5:00pm (Online)		4:30-5:30pm (Swim)		
	Kinsmen (DSM)	Dryland		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)			10:30-11:15am (Swim)	
		Kinsmen (T.P)			Kinsmen (DSM)	
	5:20-5:30pm (Arrival)	Online Google Meet		5:20-5:30pm (Arrival)		
	5:30-6:30pm (Swim)	4:00-5:00pm (Online)		5:30-6:30pm (Swim)		
	Kinsmen (DSM)	Dryland		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)		
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	5:00-6:00pm (Online)	5:00-6:00pm (Swim)		
U of A EAST Pool		U of A EAST Pool	Dryland	U of A EAST Pool		

### OW

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 (Online)	5:00-6:00pm (Swim)			
	U of A EAST Pool	Dryland	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)			
	5:00-5:45pm (Swim)	5:00-6:00pm (Online)	5:00-5:45pm (Swim)			
	U of A EAST Pool	Dryland	U of A EAST Pool			

## FOUNTAIN PARK & UOFA JD

### JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Online Google Meet	6:05-6:15pm (Arrival)		11:35-11:45am (Arrival)	
		5:00-6:00pm (Online)	6:15-7:00pm (Swim)		11:45-12:30Pm (Swim)	
		Dryland	UofA EAST Pool		UofA EAST Pool	

# FOUNTAIN PARK POOL

## JAG

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)	5:00-6:00pm (Online)	6:00-7:00pm (Swim)		
UofA EAST Pool		UofA EAST Pool	Dryland	UofA EAST Pool		

## OW A

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)	Online Google Meet			10:20-10:30am (Arrival)	
	6:00-7:00pm (Swim)	5:00-6:00pm (Online)			10:30-11:30am (Swim)	
	UofA EAST Pool	Dryland			UofA EAST Pool	

## OW B

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		Online Google Meet	5:50-6:00pm (Arrival)		10:20-10:30am (Arrival)	
		5:00-6:00pm (Online)	6:00-7:00pm (Swim)		10:30-11:30am (Swim)	
		Dryland	UofA EAST Pool		UofA EAST Pool	

## JOW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	6:05-6:15pm (Arrival)	Online Google Meet			11:35-11:45am (Arrival)	
	6:15-7:00pm (Swim)	5:00-6:00pm (Online)			11:45-12:30Pm (Swim)	
	UofA EAST Pool	Dryland			UofA EAST 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