



2020-2021 November Tentative Training Schedule

HIGH PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:20-5:30am (Arrival)		5:20-5:30am (Arrival)		7:50-8:00am (Arrival)	7:20-7:30am (Arrival)
	5:30-7:30am (Swim)		5:30-7:30am (Swim)		8:00-9:00am (LIFT)	7:30-9:30am (Swim)
	U of A (WEST)		U of A (WEST)		9:15-11:15am (Swim)	9:45-10:15am (DL)
				3:35-3:45pm (Arrival)	KINS (DSM SCM)	KINS (DSM SCM)
	3:15-4:15pm (LIFT)	2:15-2:30pm (Arrival)	2:50-3:00pm (Arrival)	3:45-4:30pm (DL)		
	4:30-6:30pm (Swim)	2:30-4:30pm (Swim)	3:00-5:00pm (Swim)	4:30-6:30pm (Swim)		
	KINS (DSM SCM)	KINS (DSM SCM)	U of A (WEST)	KINS (DSM SCM)		

PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:35-5:45am (Arrival)			7:50-8:00am (Arrival)	7:20-7:30am (Arrival)
		5:45-7:30am (Swim)			8:00-9:00am (DL)	7:30-9:30am (Swim)
		KINS (DSM SCM 6)			9:15-11:15am (Swim)	KINS (DSM SCM)
3:50-4:00pm (Arrival)					KINS (DSM SCM)	
4:00-4:45pm (LIFT)	3:50-4:00pm (Arrival)			4:05-4:15pm (Arrival)		
4:45-6:30pm (Swim)	4:00-6:00pm (Swim)			4:15-6:00pm (Swim)		
KINS (DSM SCM)	Fountain Park (6)			Fountain Park (6)		

PERFORMANCE X

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:35-5:45am (Arrival)				9:05-9:15am (Arrival)	
	5:45-7:30am (Swim)				9:15-11:15am (Swim)	
	KINS (DSM SCM 6)				11:30-12:15pm (DL)	
			3:35-3:45pm (Arrival)		KINS (DSM SCM)	
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	3:45-4:15pm (LIFT)	4:50-5:00pm (Arrival)		
5:00-7:00pm (Swim)	5-6pm (DL)	5:00-7:00pm (Swim)	4:30-6:15pm (Swim)	5:00-7:00pm (Swim)		
U of A (WEST)	Google Hangouts	U of A (WEST)	KINS (DSM SCM 6)	U of A (WEST)		

AGE GROUP PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:35-5:45am (Arrival)			9:05-9:15am (Arrival)	
		5:45-7:30am (Swim)			9:15-11:15am (Swim)	
		KINS (DSM SCM 6)			KINS (DSM SCM)	
	3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)			
3:50-4:00pm (Arrival)	4:00-5:30pm (Swim)		4:00-5:30pm (Swim)	3:50-4:00pm (Arrival)		
4:00-6:00pm (Swim)	5:45-6:30pm (DL)		5:45-6:30pm (DL)	4:00-6:00pm (Swim)		
G-MAC (4)	G-MAC (4)		G-MAC (4)	G-MAC (4)		

U of A POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:50-8:00am (Arrival)	
					8:00-10:00am (Swim)	
					10:15-11:00am (DL)	
					U of A EAST	
	5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)			3:20-3:30pm (Arrival)
	5:30-7:00pm (Swim)	5:00-6:00pm	5:30-7:00pm (Swim)			3:30-5:00pm (Swim)
	U of A WEST	Google Hangouts DL	U of A WEST			U of A EAST

OW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:50-8:00am (Arrival)	
					8:00-9:00am (Swim)	
					U of A EAST	
	4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	5:00-6:00pm		
	U of A West		U of A West	Google Hangouts DL		

JOW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)		5:50-6:00pm (Arrival)			
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	5:00-6:00pm		
	U of A WEST		U of A WEST	Google Hangouts DL		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)		5:50-6:00pm (Arrival)			
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	5:00-6:00pm		
	U of A WEST		U of A WEST	Google Hangouts DL		

*Every 4th Saturday morning through December will be a "VIRTUAL" Swim Meet (more details to follow)

FOUNTAIN PARK POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:05-9:15am (Arrival)	
					9:15-11:00am (Swim)	
					11:00-11:45am (DL)	
					KINS (SCM) (6)	
3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)	4:20-4:30pm (Arrival)			
4:00-5:30pm (Swim)	5:00-6:00pm	4:00-5:30pm (Swim)	4:30-6:00pm (Swim)			
Fountain Park	Google Hangouts DL	Fountain Park	Fountain Park			

OW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:50-10:00am (Arrival)	
					10:00-11:00am (Swim)	
					Fountain Park	
3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)				
4:00-5:00pm (Swim)		4:00-5:00pm (Swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

OW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:50-10:00am (Arrival)	
					10:00-11:00am (Swim)	
					Fountain Park	
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)				
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

JOW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)				
5:30-6:30pm (Swim)		5:30-6:30pm (Swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

JOW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)				
5:30-6:30pm (Swim)		5:30-6:30pm (Swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)				
5:30-6:30pm (swim)		5:30-6:30pm (swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

*Every 4th Saturday morning through December will be a "VIRTUAL" Swim Meet (more details to follow)

Legend

KINSMEN - Kinsmen Sports Centre

FOUNTAIN PARK - Fountain Park Pool (St. Albert)

G-MAC - Grant MacEwan Pool

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

LIFT - Weight Room Training

