



2020-2021 OCTOBER TENTATIVE TRAINING SCHEDULE

HIGH PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:15-5:30am (Act)		5:15-5:30am (Act)		8:00-8:45am (LIFT)	7:45-8:00am (Act)
	5:30-7:30am (Swim)		5:30-7:30am (Swim)		9:00-11:00am (Swim)	8:00-10:00 (Swim)
	U of A (WEST)		U of A (WEST)**		KINS LCM	10:15-11:00am (LIFT)
		1:45-2:00pm (Act)				KINS LCM
	3:30-4:15pm (LIFT)	2:00-4:00pm (Swim)	2:45-3:00pm (Act)	3:45-4:00pm (Act)		
	4:30-6:30pm (Swim)	4:15-5:00pm (DL)	3:00-5:00pm (Swim)	4:00-6:00pm (Swim)		
	KINS SCM	U of A (WEST)	U of A (WEST)	Fountain Park		

** For Select Swimmers only

PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:15-5:30am (Act)			8:00-9:00am (Yoga)	7:45-8:00am (Act)
		5:30-7:30am (Swim)			9:00-11:00am (Swim)	8:00-10:00 (Swim)
		U of A (WEST)			KINS LCM	KINS LCM
4:00-4:45pm(LIFT)	3:45-4:00pm (Act)			3:45-4:30pm (LIFT)		
5:00-6:45pm(Swim)	4:00-6:00pm (Swim)			4:30-6:30pm (Swim)		
KINS LCM	Fountain Park			KINS LCM (4)		

SENIOR

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:15-5:30am (Act)				8:00-9:00am (Yoga)	
	5:30-7:30am (Swim)				9:00-11:00am (Swim)	
	G-MAC				KINS LCM	
4:00-4:45pm (DL)		4:45-5:00pm (Act)	3:45-4:30pm (LIFT)	4:45-5:00pm (Act)		
5:00-7:00pm (Swim)		5:00-7:00pm (Swim)	4:30-6:30pm (Swim)	5:00-7:00pm (Swim)		
U of A (WEST)		U of A (WEST)	KINS SCM	U of A (WEST)		

PERFORMANCE X

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:15-5:30am (Act)				8:00-9:00am (Yoga)	
	5:30-7:30am (Swim)				9:00-11:00am (Swim)	
	G-MAC				KINS LCM	
4:00-4:45pm (DL)		4:45-5:00pm (Act)	3:45-4:30pm (LIFT)	4:45-5:00pm (Act)		
5:00-7:00pm (Swim)		5:00-7:00pm (Swim)	4:30-6:30pm (Swim)	5:00-7:00pm (Swim)		
U of A (WEST)		U of A (WEST)	KINS SCM	U of A (WEST)		

AGE GROUP PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:15-5:30am (Act)			8:00-9:00am (Yoga)	
		5:30-7:30am (Swim)			9:00-11:00am (Swim)	
		G-MAC (4 lanes)		Potential Dryland	KINS LCM	
	Potential Dryland				Potential Dryland	
3:45-4:00pm (Act)	3:45-4:00pm (Act)		3:45-4:00pm (Act)	3:45-4:00pm (Act)		
4:00-6:00pm (Swim)	4:00-5:30pm (Swim)		4:00-6:00pm (Swim)	4:00-6:00pm (Swim)		
G-MAC	G-MAC		Fountain Park	G-MAC		

U of A POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:45-8:00am (Act)	
					8:00-9:00am (Swim)	
					U of A EAST	
	5:45-6:00pm (Act)		5:45-6:00pm (Act)			3:15-3:30pm (Act)
	6:00-7:00pm (Swim)	4:30-5:30pm	6:00-7:00pm (Swim)			3:30-4:30pm (Swim)
	U of A WEST	Zoom Dryland	U of A WEST			U of A EAST

OW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:45-8:00am (Act)	
					8:00-9:00am (Swim)	
					U of A EAST	
	4:45-5:00pm (Act)		4:45-5:00pm (Act)			
	5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	4:30-5:30pm		
	U of A West		U of A West	Zoom Dryland		

OW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					8:45-9:00am (Act)	
					9:00-10:00am (Swim)	
					U of A EAST	
	5:45-6:00pm (Act)		5:45-6:00pm (Act)			
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	4:30-5:30pm		
	U of A West		U of A West	Zoom Dryland		

JOW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:45-5:00 (Act)		4:45-5:00 (Act)			
	5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	4:30-5:30pm		
	U of A WEST		U of A WEST	Zoom Dryland		

JOW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:45-6:00 (Act)		5:45-6:00 (Act)			
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	4:30-5:30pm		
	U of A WEST		U of A WEST	Zoom Dryland		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	4:45-5:00 (Act)		4:45-5:00 (Act)			
	5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	4:30-5:30pm		
	U of A WEST		U of A WEST	Zoom Dryland		

*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
3:45-4:00pm (Act)		3:45-4:00pm (Act)	3:45-4:00pm (Act)	5:45-6:00pm (Act)		
4:00-5:00pm (Swim)	4:30-5:30pm	4:00-5:00pm (Swim)	4:00-5:00pm (Swim)	6:00-7:00pm (Swim)		
Fountain Park	Zoom Dryland	Fountain Park	Fountain Park	Fountain Park		

OW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:45-10:00am (Act)	
					10-11:00pm (Swim)	
					Fountain Park	
3:45-4:00pm (Act)		3:45-4:00pm (Act)				
4:00-5:00pm (Swim)		4:00-5:00pm (Swim)		4:30-5:30pm		
Fountain Park		Fountain Park		Zoom Dryland		

OW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					10:45-11:00am (Act)	
					11-12:00pm (Swim)	
					Fountain Park	
4:45-5:00pm (Act)		4:45-5:00pm (Act)				
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)		4:30-5:30pm		
Fountain Park		Fountain Park		Zoom Dryland		

JOW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:45-4:00pm (Act)		3:45-4:00pm (Act)				
4:00-5:00pm (Swim)		4:00-5:00pm (Swim)		4:30-5:30pm		
Fountain Park		Fountain Park		Zoom Dryland		

JOW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:45-5:00pm (Act)		4:45-5:00pm (Act)				
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)		4:30-5:30pm		
Fountain Park		Fountain Park		Zoom Dryland		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45-6:00pm (Act)		5:45-6:00pm (Act)				
6:00-7:00pm (swim)		6:00-7:00pm (swim)		4:30-5:30pm		
Fountain Park		Fountain Park		Zoom Dryland		

*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

Act - Activation

LIFT - Weight Room Training

