



# HP / Performance / AGP

## Summer Schedule 2023 (July 3rd+)

### High Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	7:45-8:00am (ACT)		5:45-6:00am (Arrival)		7:45-8:00am (Arrival)	
	8:00-10:00am (Swim)		6:00-8:00am (Swim)		8:00-9:00am (DL)	
	QE SC		Kinsmen DSM LC		9:00-11:00am (Swim)	
2:45-3:00pm (Arrival)	2:45-3:00pm (Arrival)	2:45-3:00pm (Arrival)		2:45-3:00pm (Arrival)	Kinsmen DSM LC	
3:00-4:00pm (LIFT)	3:00-4:00pm (DL)	3:00-4:00pm (LIFT)	3:45-4:00pm (Arrival)	3:00-4:00pm (LIFT)		
4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)		
Kinsmen TP LC	Kinsmen DSM LC	Kinsmen TP LC	Kinsmen DSM LC	Kinsmen TP LC		

### Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:45-6:00am (ACT)		7:45-8:00am (ACT)		7:30-8:45am (ACT)	
	6:00-8:00am (Swim)		8:00-10:00am (Swim)		7:45-8:45am (LIFT)	
	Kinsmen DSM LC		QE SC		9:00-11:00am (Swim)	
2:45-3:00pm (Arrival)		2:45-3:00pm (Arrival)	2:45-3:00pm (Arrival)		Kinsmen DSM LC	
3:00-4:00pm (Dryland)		3:00-4:00pm (Dryland)	3:00-4:00pm (LIFT)	3:45-4:00pm (Arrival)		
4:00-6:00pm (Swim)		4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)		
Kinsmen DSM LC		Kinsmen DSM LC	Kinsmen TP LC	Kinsmen DSM LC		

### AGP

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:45-6:00am (ACT)				8:45-9:00am (ACT)	
	6:00-8:00am (Swim)				9:00-11:00am (Swim)	
2:45-3:00pm (Arrival)	Kinsmen DSM LC	2:45-3:00pm (Arrival)			Kinsmen DSM LC	
3:00-4:00pm (Dryland)		3:00-4:00pm (Dryland)	3:45-4:00pm (ACT)	3:45-4:00pm (Arrival)		
4:00-6:00pm (Swim)		4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:00-6:00pm (Swim)		
Kinsmen DSM LC		Kinsmen DSM LC	Kinsmen TP LC	Kinsmen DSM LC		

### Legend

KINSMEN DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)

KINSMEN T.P - Kinsmen Sports Centre (Training Pool)

UofA WEST Pool - University of Alberta West Training Pool

UofA EAST Pool - University of Alberta East Training Pool

QE = Queen Elizabeth Pool

Arrival - Time frame to arrive before training

ACT - Activation on deck

DL - Dryland Training

LIFT - Weight Room Training

Swim - Swim Training