

February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	<u>Practice</u> 6-8 pm YMCA Sprints	<u>Practice</u> 5-6:30 pm Hemmingway Dives	<u>Practice</u> 7-8:30 pm Kinsmen Meet Prep	<u>No Dryland</u>	<u>Swim Meet</u> Red Deer 7 am Warm-up
<u>Swim Meet</u> Red Deer 7 am Warm-up	9	<u>Practice</u> 6-8 pm YMCA Meet Review	<u>Practice</u> 5-6:30 pm Hemmingway Fr technique	<u>Practice</u> 7-8:30 pm Kinsmen Fly dr/sw	<u>Practice</u> 5-6 pm Kinsmen Dryland	<u>Practice</u> 8:30-10:00 am MacEwan Fly/Bk
15	16	<u>Practice</u> 6-8 pm YMCA Br Technique	<u>Practice</u> 5-6:30 pm Hemmingway Fr pace	<u>Practice</u> 7-8:30 pm Kinsmen Fly/Br dr	<u>Practice</u> 5-6 pm Kinsmen Dryland	<u>Practice</u> 8:30-10:00 am MacEwan Fly/Bk
22	23	<u>Practice</u> 6-8 pm YMCA Turns focus	<u>Practice</u> 5-6:30 pm Hemmingway Fr Form	<u>Practice</u> 7-8:30 pm Kinsmen Meet prep	<u>No Dryland</u>	<u>Swim Meet</u> Edson 11 am Warm-up

KEYANO SWIM CLUB