



Apr-Jun Alternate Kinsmen Schedule (due to Event Conflicts on weekends)

	MONDAY Mar 31	TUESDAY Apr 1	WEDNESDAY Apr 2	THURSDAY Apr 3	FRIDAY Apr 4	SATURDAY Apr 5	SUNDAY Apr 6
						Waterpolo Alberta	
Sr National	Training unaffected by events	Training unaffected by events	Training unaffected by events	Training unaffected by events	Training unaffected by events	6:45-8:45am	
Jr National	refer to coach for group-specific information	refer to coach for group-specific information	refer to coach for group-specific information	refer to coach for group-specific information	refer to coach for group-specific information	6:45-8:45am	
Sr Provincial						2:00-4:00pm	
Jr Provincial	Otherwise follow normal training schedule	Otherwise follow normal training schedule	Otherwise follow normal training schedule	Otherwise follow normal training schedule	Otherwise follow normal training schedule	7:00-9:00am YMCA	
Gold						10:45-12:45pm	

	MONDAY Apr 7	TUESDAY Apr 8	WEDNESDAY Apr 9	THURSDAY Apr 10	FRIDAY Apr 11	SATURDAY Apr 12	SUNDAY Apr 13
		CANADIAN OPEN Limited Training	CANADIAN OPEN Limited Training	CANADIAN OPEN Limited Training	CANADIAN OPEN Limited Training	CANADIAN OPEN Limited Training	
Sr National	Training unaffected by events	5:30-7:15am	5:30-7:15am	5:30-7:00am	5:30-7:00am	5:30-7:00am 1:30-2:30pm	
Jr National		refer to coach for group-specific information	OFF	5:30-7:15am	5:30-7:00am	5:30-7:00am	5:30-7:00am 1:30-2:30pm
Sr Provincial	Otherwise follow normal training schedule	5:30-6:30am weights 6:30-7:15am swim	OFF	5:30-7:00pm BD	OFF	1:30-2:30pm	
Jr Provincial		7:00-8:30pm UofA	OFF	7:00-9:00pm UofA	OFF	7:00-9:00am YMCA	
Gold		4:30-6:00pm Mea G 6:30-8:00pm Kin G	OFF	JP G to JP Kin G to BD	Kin G to BD	OFF	

	MONDAY Apr 14	TUESDAY Apr 15	WEDNESDAY Apr 16	THURSDAY Apr 17	FRIDAY Apr 18	SATURDAY Apr 19	SUNDAY Apr 20
					EASTER WEEKEND	EASTER WEEKEND	EASTER WEEKEND
Sr National	Training unaffected by events	Training unaffected by events	Training unaffected by events	Training unaffected by events	8:00-10:00am 3:00-5:00pm	6:45-8:45am	
Jr National	refer to coach for group-specific information	refer to coach for group-specific information	refer to coach for group-specific information	refer to coach for group-specific information	10:00-noon	6:45-8:45am	
Sr Provincial						10:45-12:45pm	
Jr Provincial	Otherwise follow normal training schedule	Otherwise follow normal training schedule	Otherwise follow normal training schedule	Otherwise follow normal training schedule	5:00-6:30pm		
Gold					8:00-10:00am	7:00-9:00am YMCA	
					OFF - Easter	OFF - Easter	

	MONDAY Apr 21	TUESDAY Apr 22	WEDNESDAY Apr 23	THURSDAY Apr 24	FRIDAY Apr 25	SATURDAY Apr 26	SUNDAY Apr 27
	EASTER WEEKEND				Waterpolo Canada	Waterpolo Canada	Waterpolo Canada
Sr National	8:00-10:00am 3:00-5:00pm	Training unaffected by events	Training unaffected by events	Training unaffected by events	5:45-7:30am 3:00-5:00pm	6:45-8:45am	
Jr National	10:00-noon				refer to coach for group-specific information	refer to coach for group-specific information	refer to coach for group-specific information
Sr Provincial	5:00-6:30pm	Otherwise follow normal training schedule	Otherwise follow normal training schedule	Otherwise follow normal training schedule	6:30-8:00pm	1:00-3:00pm	
Jr Provincial	10:00-noon				6:30-8:00pm	7:00-9:00am YMCA	
Gold	OFF - Easter				5:00-6:30pm	10:45-12:45pm	