



Edmonton Keyano Canadian Open - Training Schedule for Apr 6-12, 2026

	Mon Apr 6	Tue Apr 7	Wed Apr 8	Thu Apr 9	Fri Apr 10	Sat Apr 11	Sun Apr 12
	Easter Monday	Can Open Pre-Meet	Can Open Pre-Meet	Can Open - Day 1	Can Open - Day 2	Can Open - Day 3	12&U at Kinsmen
Sr Nat	8-10am All Sr Nat (Kin) 3-5pm All Sr Nat (Kin)	5:45-7:30am (Kin) (Non-Western + Sr Prov) ----- 3:00-4:45pm West 1* (Kin) 4:45-6:30pm West 2* (Kin) Westerns-only swimmers assigned as per Coach	5:45-7:30am (Kin) (Westerns only)	5:45-7:30am (Kin) (Sr Nat Westerns + Gold)	5:45-7:30am (Kin) (Westerns only)	1:30-3:30pm (Kin) (All Sr Nat and Jr Nat)	9-11am (Kin) (Non-West only)
Jr Nat	10-noon All Jr Nat (Kin)						9-11am (Kin) (All Jr Nat)
Sr Prov	OFF - Spring Break	5:45-7:30am (Kin) (normal training)	OFF	5:30-7:00pm (BD) (normal training)	OFF	11:15-12:45pm (PH)	7-9am (Kin)
Jr Prov	OFF - Spring Break	OFF	5:45-7:30am (Kin)	OFF	5:45-7:30am (Kin)	10:00-11:15am (PH)	7-9am (Kin)
Gold	OFF - Stat	6:30-8:00pm (Kin) (normal training)	OFF (No Gold Select this week)	6:00-7:30am (Kin) (for JP, Kin & Conf Gold)	OFF (make up on Saturday)	2:00-3:30pm (Kin) (make up from Fri PM)	

Pools

Kin = Kinsmen

PH = Peter Hemingway (Coronation Park)

BD = Bonnie Doon

Training Schedule Notes

The Canadian Open is the top open competition in Canada and Edmonton Keyano are the proud hosts of this event for 2025-2028!

All groups are coming off of Spring Break and will take this week to get back to training with 3-4 workouts as a start-up week.

Westerns swimmers have been training through Spring Break and have their Championship meet in April - as such they will have some priority to ensure optimal preparation.

Canadian Open Watch Party - Sat Apr 11

All Development swimmers may sign up for a free ticket to the Canadian Open Finals - Day 3, from 5-8pm on Sat Apr 11.

This is the NHL of swimming! Olympic-level swimmers all here in Edmonton to race in a final tune-up before World Championships Trials in July.

Sign up on the Keyano website by Mar 22!