2026-27 Development Program Training Schedule

Development programs start the week of September 27, 2026

Wednesdays & Saturdays officially start after Thanksgiving; Wed's start Oct 14, Sat's start Oct 10

Bronze swimmers will be placed into Wednesday start times based on ability; either 4:15-5:00pm, 5:00-5:45pm, or 5:45-6:30pm

* KIN = denotes practice at Kinsmen (all scheduled Wed & Sat practices are at the Kinsmen Sport Centre)

BONNIE DOON

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	5:00-6:30pm KIN*	5:30-7:00pm	OFF	4:00-5:30pm	5:30-7:00pm	10:15-12:45pm KIN*	off
SILVER	off	4:00-5:15pm	4:15-6:30pm at Kinsmen	4:00-5:15pm	4:00-5:15pm	off	off
BRONZE option 1	off	4:00-4:45pm	4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	off	4:00-4:45pm	off	off
BRONZE option 2	off	4:45-5:30pm		off	4:45-5:30pm	off	off
BRONZE option 3	off	5:30-6:15pm		off	5:30-6:15pm	off	off
BRONZE option 4	off	6:15-7:00pm		off	6:15-7:00pm	off	off

CONFEDERATION

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:00-5:30pm	OFF	4:00-5:30pm	4:00-5:30pm	10:15-12:45pm KIN*	off
SILVER	4:00-5:15pm	off	4:15-6:30pm at Kinsmen	4:00-5:15pm	5:30-6:45pm	off	off
BRONZE option 1	off	4:00-4:45pm	4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	off	4:00-4:45pm	off	off
BRONZE option 2	off	4:45-5:30pm		off	4:45-5:30pm	off	off

JASPER PLACE

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:00-5:30pm	OFF	5:00-6:30pm KIN*	4:00-5:30pm	10:15-12:45pm KIN*	off
SILVER	off	4:15-5:30pm	4:15-6:30pm at Kinsmen	4:15-5:30pm	4:15-5:30pm	off	off
BRONZE option 1	4:00-4:45pm	off	4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	4:00-4:45pm	off	off	off
BRONZE option 2	4:45-5:30pm	off		4:45-5:30pm	off	off	off

KINSMEN

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	6:30-8:00pm	6:30-8:00pm	OFF	6:00-7:30am	6:30-8:00pm	10:15-12:45pm KIN*	off

MEADOWS

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	5:00-6:30pm Kin	OFF	4:30-6:00pm	4:15-5:45pm	10:15-12:45pm KIN*	off
SILVER	off	4:45-6:00pm	4:15-6:30pm at Kinsmen	4:30-5:45pm	4:30-5:45pm	off	off
BRONZE option 1	off	4:30-5:15pm	4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	off	4:15-5:00pm	off	off
BRONZE option 2	off	5:15-6:00pm		off	5:00-5:45pm	off	off

ROYAL GLENORA

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
GOLD	4:00-5:30pm	4:00-5:30pm	OFF	4:00-5:30 pm	4:00-5:30pm	10:15-12:45pm KIN*	off
SILVER	6:15-7:30pm	off	4:15-6:30pm at Kinsmen	6:15-7:30pm	4:15-5:30pm	off	off
BRONZE	5:30-6:15pm	off	4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	5:30-6:15pm	off	off	off

TERWILLEGAR

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
SILVER option 1	4:00-5:15pm	4:00-5:15pm	4:15-6:30pm at Kinsmen	off	off	off	1:00-2:15pm
SILVER option 2	off	5:15-6:30pm	4:15-6:30pm at Kinsmen	off	4:00-5:15pm	off	2:15-3:30pm
BRONZE option 1	5:30-6:15pm	off	4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	4:15-5:00pm	off	off	off
BRONZE option 2	6:15-7:00pm	off		4:15-5:00pm	off	off	off
BRONZE option 3	off	off		off	5:30-6:15pm	off	3:30-4:15pm
BRONZE option 4	off	off		off	6:15-7:00pm	off	4:15-5:00pm

YMCA

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
SILVER Lutsky	6:45-8:00pm	off	Wednesdays to be added based on coach when swimmer is ready.	6:45-8:00pm	off	off	off
SILVER Platz	6:45-8:00pm	off		off	6:45-8:00pm	off	off
SILVER Wheaton	off	6:45-8:00pm	Silver: 4:15-6:30pm at Kinsmen	6:45-8:00pm	off	off	off
BRONZE Lutzky	6:00-6:45pm	off	Bronze: 4:15-5:00pm at Kinsmen, 5:00-5:45pm at Kinsmen, or 5:15-6:30pm at Kinsmen	6:00-6:45pm	off	off	off
BRONZE Platz	6:00-6:45pm	off		off	6:00-6:45pm	off	off
BRONZE Wheaton	off	6:00-6:45pm		6:00-6:45pm	off	off	off