



## 2026-27 Para Program Training Schedule



### DRAFT; PLEASE CHECK BACK FOR POTENTIAL CHANGES IN SEPT

All Para Programs start back the week of September 28

Start-up schedule will be posted early September for Comp Program (Non-Comp will start at full schedule from week 1)

All Practices location noted as follows: (Kin = Kinsmen, BD = Bonnie Doon, DW = Don Wheaton YMCA, PH = Hemingway / Coronation)

### PARA COMPETITIVE PROGRAM

|             | Monday | Tuesday           | Wednesday      | Thursday        | Friday          | Saturday | Sunday       |
|-------------|--------|-------------------|----------------|-----------------|-----------------|----------|--------------|
| AM PRACTICE |        |                   |                |                 |                 |          | 9:45-11:15am |
| PM PRACTICE |        | 6-7pm or 7-8pm DW | 5:30-7:00pm PH | 7:00-8:30pm Kin | Dryland Only    |          |              |
| DRYLAND     |        |                   |                |                 | 6:00-7:00pm Kin |          |              |

### PARA NON COMPETITIVE PROGRAM \*

|               | Monday | Tuesday     | Wednesday | Thursday    | Friday | Saturday | Sunday |
|---------------|--------|-------------|-----------|-------------|--------|----------|--------|
| TUESDAY ONLY  |        | 6:00-8:00pm |           |             |        |          |        |
| THURSDAY ONLY |        |             |           | 6:00-8:00pm |        |          |        |

\* Non-Competitive Program swimmers will receive an individual assessment. Exact session times to be arranged by the Para Lead Coach.

All schedules are tentative until September 2026

Changes may occur throughout the season due to pool closures and events

Whenever possible, a consistent and reasonable schedule is prioritized; personal requests cannot be accommodated