



2025-26 Performance Program Training Schedule

DRAFT; PLEASE CHECK BACK FOR POTENTIAL CHANGES IN SEPT

National Groups start Sep 12; Provincial Groups start week of Sep 15

Start-up schedule will be posted early September; Full schedule to start after Thanksgiving

All Practices at the Kinsmen Sport Centre unless otherwise noted (BD = Bonnie Doon, DW = Don Wheaton YMCA)



SENIOR NATIONAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE	5:45-7:30am			5:45-7:30am (partial)	5:45-7:30am	6:45-8:45am	
PM PRACTICE	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm		
DRYLAND		2:00-3:00pm or 5:00-6:00pm		2:00-3:00pm or 5:00-6:00pm		8:45-9:45am	

JUNIOR NATIONAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE		5:45-7:30am	5:45-7:30am			6:45-8:45am	
PM PRACTICE	5:00-6:45pm	5:00-7:00pm		4:30-6:30pm	5:00-7:00pm		
DRYLAND	4:00-5:00pm	4:00-5:00pm		4:00-4:30pm	4:00-5:00pm	8:45-9:45am	

SENIOR PROVINCIAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE		5:30-7:30am Kin		5:30-7:30am Kin		10:45-12:45pm	
PM PRACTICE	6:30-8:00pm Kin		6:30-8:00pm Kin	5:30-7:00pm BD	7:00-8:00pm Kin		
DRYLAND		(Weightroom 5:30-6:30am)	6:00-6:30pm	(Weightroom 5:30-6:30am)	6:15-7:00pm	12:45-1:15pm	

JUNIOR PROVINCIAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE	5:45-7:30am		5:45-7:30am			7:00-9:00am DW	
PM PRACTICE		5:00-6:30pm		5:00-6:30pm	5:00-6:30pm		
DRYLAND		4:30-5:00pm		4:30-5:00pm		9:00-9:30am	

* all schedules are tentative until September 2025

** 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