



2026-27 Performance Program Training Schedule



DRAFT; PLEASE CHECK BACK FOR POTENTIAL CHANGES IN SEPT

National Groups start approx Sep 14; Provincial Groups start approx Sep 21

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, PH = Hemingway / Coronation)

SENIOR NATIONAL (T1 & T2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE	5:45-7:30am		5:45-7:30am (distance)		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		8:45-9:30am	

SENIOR NATIONAL (T3)

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

JUNIOR NATIONAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE			5:45-7:30am	5:45-7:30am		10:00-noon PH	
PM PRACTICE	5:00-6:45pm	5:00-7:00pm		5:00-6:30pm	5:00-7:00pm		
DRYLAND	4:15-5:00pm	4:15-5:00pm		4:15-5:00pm	4:15-5:00pm	noon-12:30pm	

SENIOR PROVINCIAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM PRACTICE		5:45-7:30am Kin					11:15-1:15pm Kin
PM PRACTICE		6:30-8:00pm PH	6:30-8:00pm Kin	5:30-7:00pm BD	7:00-8:00pm Kin		
DRYLAND		6:00-6:30pm			6:15-7:00pm		1:15-1:45pm

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 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