



Keyano Summer Training Schedule 2025

* Swimmers train until their last qualified / entered competition of the season

	MONDAY Jun 30	TUESDAY Jul 1	WEDNESDAY Jul 2	THURSDAY Jul 3	FRIDAY Jul 4	SATURDAY Jul 5	SUNDAY Jul 6
		Canada Day		EKI 2025	EKI 2025	EKI 2025	EKI 2025
Sr National	5:45-7:45am 2:00-4:00pm	10:00-noon	2:00-3:30pm	EKI Competition Days - Good Luck all swimmers!			
Jr National	4:00-6:00pm	10:00-noon	4:45-6:00pm				
Sr Provincial	6:00-7:30pm	noon-2:00pm	6:00-7:15pm				
Jr Provincial	7:45-9:45am	noon-2:00pm	3:30-4:45pm				
Gold (various)	7:45-9:45am (Festival only) 2:00-4:00pm (Non-Festival)	2:00-3:30pm (all)	3:00-4:00pm (all)				

	MONDAY Jul 7	TUESDAY Jul 8	WEDNESDAY Jul 9	THURSDAY Jul 10	FRIDAY Jul 11	SATURDAY Jul 12	SUNDAY Jul 13
	Post-EKI Rest Day						
Sr National	Off for all Keyano	7:45-9:45am 2:00-4:00pm (1-2 weights)	2:00-4:00pm	2:00-4:00pm (1-2 weights)	5:45-7:45am 2:00-4:00pm	6:45-8:45am	
Jr National		4:00-6:00pm	5:45-7:45am 4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	6:45-8:45am	
Sr Provincial		Sr Prov qualifiers for AB Summer Champs join a National group training schedule (as designated by coaching staff)					
Jr Provincial		10:00-11:45am	7:45-9:30am	7:45-10:00am	7:45-9:30am	6:45-8:45am	
Gold		Gold Group qualifiers for AB Summer Champs join Jr Prov training schedule					



	MONDAY Jul 14	TUESDAY Jul 15	WEDNESDAY Jul 16	THURSDAY Jul 17	FRIDAY Jul 18	SATURDAY Jul 19	SUNDAY Jul 20
Sr National	5:45-7:45am 2:00-4:00pm	2:00-4:00pm (1-2 weights)	2:00-4:00pm	2:00-4:00pm (1-2 weights)	5:45-7:45am 2:00-4:00pm	6:45-8:45am	
Jr National	4:00-6:00pm	4:00-6:00pm	5:45-7:45am 4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	6:45-8:45am	
Jr Provincial	7:45-9:30am	7:45-10:00am	7:45-9:30am	7:45-10:00am	7:45-9:30am	6:45-8:45am	

	MONDAY Jul 28	TUESDAY Jul 29	WEDNESDAY Jul 30	THURSDAY Jul 31	FRIDAY Aug 1	SATURDAY Aug 2	SUNDAY Aug 3
	Summer Break begins						
Sr National	OFF	Schedule TBA	Schedule TBA	Schedule TBA	Schedule TBA	Schedule TBA	
Jr National	<p style="text-align: center;">Congratulations on your 2024-25 swim season!</p> <p style="text-align: center;">All swimmers are off as of July 28, except for those going on to compete for Provincial or National teams.</p> <p style="text-align: center;">Good luck to our Canada Games & Jr National Team swimmers!</p>						
Jr Provincial							